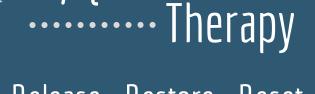
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Take back control of your health!





Release 
Restore 
Reset

# ACCELERATE YOUR FITNESS RECOVERY

Small Group and 1-to-1 **Physio-led Personal Training** for a safe and effective return to exercise.



ONLINE COACHING PLANS ALSO AVAILABLE STARTING FROM £75 / MONTH (£20 setup fee applies)

# 6 WEEK TOTAL BODY TRANSFORMATION CHALLENGE

#### OUR AWARD-WINNING BODY TRANSFORMATION PROGRAMME FEATURES:

#### TRAINING

**3x 45min SMALL GROUP** TRAINING SESSIONS /WEEK

FITNESS ASSESSMENT

PERSONALISED WORKOUTS

#### NUTRITION

PERSONAL NUTRITION PLAN

**RECIPES & MEAL PREP GUIDES** 

#### RECOVERY

1x 45min DEEP TISSUE MUSCLE **RECOVERY MASSAGE SESSION** 

MOBILITY ASSESSMENT

PERSONAL STRETCH ROUTINE

#### ACCOUNTABILITY

STUDIO CHECK-IN AT WEEKS 3 & 6

ACCESS TO ONLINE COMMUNITY

## GET STARTED TODAY FOR ONLY £397\* \*MINIMUM DEPOSIT OF £99 REQUIRED TO CONFIRM YOUR SPACE



**APPLY NOW** \* Monthly Group Training memberships available from £125pm after initial 6 weeks

# GROUP PERSONAL TRAINING

# EXCLUSIVE PACHAGES MEMBERSHIP

# MD KICKSTART

**8 SESSIONS PM** 

8X 45MIN GROUP PERSONAL TRAINING SESSIONS

PERSONAL WORKOUT PLAN

NUTRITION GUIDANCE

**£125** 

MONTHL\

## MD EXCEL

**12 SESSIONS P** 

**12X 45MIN GROUP PERSONAL** 

TRAINING SESSIONS

PERSONAL WORKOUT PLAN

NUTRITION GUIDANCE

E175

# **RECOVERY PACK**

ESSENTIALS

**RESISTANCE BAND** 

FOAM ROLLER

YOGA MAT

WATER BOTTLE



#### PAY 3 OR 6 MONTH'S UPFRONT AND SAVE 10% ON YOUR PERSONAL TRAINING PACKAGE

JOIN TODAY Morning, Evening, Weekend training slots available. Visit our website for full details.

# I-TO-I PERSONAL TRAINING EXCLUSIVE MEMBERSHIP

# SILVER PACK 4 SESSIONS

4X 60MIN PERSONAL TRAINING SESSIONS

PERSONAL WORKOUT PLAN

NUTRITION GUIDANCE





8X 60MIN PERSONAL TRAINING SESSIONS

PERSONAL WORKOUT PLAN

NUTRITION GUIDANCE



PLATINUM PACK 12 SESSIONS

> 12X 60MIN PERSONAL TRAINING SESSIONS

PERSONAL WORKOUT PLAN

NUTRITION GUIDANCE



#### PAY 3 OR 6 MONTH'S UPFRONT AND SAVE 10% ON YOUR PERSONAL TRAINING PACKAGE

HAVE A QUESTION? Request your FREE consultation with our fitness team today!

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Reach new goals with our pain free performance training packages!\*



ALL PAIN FREE PERFORMANCE PACKAGES INCLUDE: - Personal Workout Plan - Nutrition Guidance - Monthly Fitness Assessment -

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**Receive your results** and monthly health modes directly in the app.

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### INSIGHTS





\* RRP £265. Order direct and save by contacting us in clinic or on our website



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