

PRICE LIST

2018/19

FITNESS & HEALTH

	ADULT	CONC/LOYAL	JNR
One Club			
Gym Visit	£6.50	£4.95	£3.95
Class 1 hour (at all locations).....	£5.10	£4.10	£4.10
Class 45 mins.....	£5.10	£4.10	£4.10
Class 30 mins.....	£4.10	£4.10	£4.10
Small group exercise (max 5 per class)	£13.00	—	—
Personal Training (1 hour).....	£30.00	—	—
Powerplate with instructor (30 mins).....	£18.00	—	—
Powerplate no instructor (30 minutes).....	£8.00	—	—
Gym Induction.....	£15.50	—	—
Gym Programme	£15.50	£7.50	—
7 day pass	£25.50	—	—
30 day pass	£50.50	—	—
Health MOT	£11.00	—	—
Weight Mangement.....	£28.00	—	—
6 week One Club Pass.....	£60.00	—	—
Health Products			
Active Ageing classes.....	£4.95	£3.95	—
Health Conditions Classes	£3.50	£3.50	—
Mental Health Support	£2.00	£2.00	—
Activity Referral Membership - monthly	£20.00	—	—

One Club Membership

Your option	Your Committed price	Your Flexible price
Start up fee.....	£20.00	—
Swim only.....	£25.00 per month	£35.00 per month
Gym only.....	£25.00 per month	£35.00 per month
Class only.....	£25.00 per month	£35.00 per month
One Club (all).....	£29.00 per month	£38.00 per month