

Roots Fitness Monthly Membership options.

Gold Membership

- Full Entry to the gym 7 days per week from 7am to 10pm (last entry 9pm)
- Full access to spa facility including sauna and Jacuzzi
- 10% off treatments at Beauty Roots (see Beauty Roots price list)
- Social member discounts and offers (food and beverage)
- Free Nutritional advice & analysis (with food diary and information guide)
- Free Health Screening (blood Pressure & Bmi checks, heart rate training zones)
- Free exercises programs with regular re-assessments)
- Free Admittance to the 2 Pilates sessions (Mon & Thurs)

6 month contract £35.00 per month Terms and Conditions Apply

Silver Membership

- Full Entry to the gym 7 days per week from 7am to 10pm (last entry 9pm)
- Full access to spa facility including sauna and Jacuzzi
- 10% off treatments at Beauty Roots (see Beauty Roots price list)
- Free Nutritional advice & analysis (with food diary and information guide)
- Free Health Screening (blood Pressure & Bmi checks, heart rate training zones)
- Free exercises programs with regular re-assessments)
- Free Admittance to the 2 Pilates sessions (Mon & Thurs)

6 month contract £32.00 per month Terms and Conditions Apply

Bronze Membership

- Entrance to the gym Monday to Friday 9.00am—4.00pm no weekends.
- Full use of spa facility including sauna and Jacuzzi
- 10% off treatments at Beauty Roots (see Beauty Roots price list)
- Free Nutritional Advice and Analysis (with food diary and information guide)
- Health screening (Blood Pressure & Bmi checks, Heart Rate training zones)
- Free exercise programs with regular re-assessments
- Free Admittance to the 2 Pilates sessions (Mon & Thurs)

6 month contract £23.00 per month Terms and Conditions Apply

NUS Student 18+

- Full Entry to the gym 7 days per week from 7am to 10pm (last entry 9pm)
- Full access to spa facility including sauna and Jacuzzi
- Free Health Screening (blood Pressure & Bmi checks, heart rate training zones)
- Free exercises programs with regular re-assessments)
- Free Admittance to the 2 Pilates sessions (Mon & Thurs)

6 month contract £15.00 per month Terms and Conditions Apply

All members must pay at £25.00 joining fee This is payable at the time of your induction.

Roots Fitness Cash Membership Options.

***3 Months Membership £70.**

***6 Months Membership £120**

****12 Month Membership £215**

- Full Entry to the gym 7 days per week from 7am to 10pm (last entry 9pm)
- Full access to spa facility including sauna and Jacuzzi
- 10% off treatments at Beauty Roots (see Beauty Roots price list)
- Social member discounts and offers (food and beverage)
- Free Nutritional advice & analysis (with food diary and information guide)
- Free Health checks (Blood Pressure&Bmi checks,Heart Rate training zones)
- Free exercises programs with regular re-assessments)
- Free Admittance to the 2 Pilates sessions (Mon & Thurs)

Terms and Conditions Apply

Bigger Savings

With any cash option taken, Inductions are Free saving £15.00

***£10 admin fee Applicable**

****With any 12 month membership taken you also receive a Half price admin fee (£5)**

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Please tear off and complete/ Print me from your home computer

FREE GYM SESSION

Just complete your details below to enjoy a FREE gym session in our fully equipped gym.

*(Call The Venue on 01691 684840 to book your FREE induction NOW!
Please bring this coupon with you)*

Name.....

Address.....

.....
Mobile Number.....

E-mail address.....

Terms and Conditions apply

