

# Memberships - 2016 rates

We have a range of membership programmes available, all tailored to suit your lifestyle and help you to reach your fitness goals.

	Anytime Membership	Off-peak Membership	Student Membership**	Senior Membership (60+)
Cost of membership	£30 per month / £330 annual	£25 per month / £275 annual	£20 per month / £220 annual	£20 per month / £220 annual
Unlimited access to facilities during peak and off-peak times*	✓		✓	
Access to gym during off-peak times	✓	✓	✓	✓
Free induction and personalised training programme	✓	✓	✓	✓
Regular programme reviews	✓	✓	✓	✓
Advice on health, training and nutrition	✓	✓	✓	✓

\*\* (Proof of eligibility required)

Opening times: Monday - Friday 6.30am - 9.00pm. Weekends 8.00am - 4.00pm

\*Peak = Monday - Friday 6.30am - 9.00am, 5.00pm - 9.00pm and weekends 8.00am - 4.00pm

Off peak = Monday - Friday 9.00am - 5.00pm

# Find Us

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fitness

Gymtec is based at South Green Park - a versatile venue set in the heart of the Norfolk countryside just a short distance from Norwich. Set in a modern, bright building overlooking extensive, open countryside and with ample free parking, it is the ideal setting to focus on fitness.



Tel: 01362 857195

| [www.gymtec-fitness.co.uk](http://www.gymtec-fitness.co.uk)

| Mattishall, Dereham, Norfolk NR20 3JY

# gymtec<sup>™</sup> fitness

MATTISHALL

*Exercise  
Personal Training  
Classes  
Fitness Assessment*



*Get fit*

# Introduction

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Gymtec Fitness of South Green Park, Mattishall is a purpose built, modern, bright gym overlooking extensive, open countryside - the ideal setting to focus on fitness.

Our fully air conditioned gym is equipped with the latest, top of the range cardio and resistance equipment from Life Fitness. The range of equipment has been specially selected, to ensure plenty of workout options and suitability for both the amateur and the sporting professional. Our highly qualified and experienced fitness professionals will be on-hand to help

develop the ideal exercise programme, enable you to meet your exercise goals and provide one-to-one training sessions.

After your vigorous workout, enjoy a relaxing shower in our dedicated changing facilities, followed by a light lunch or cool drink in our onsite café.

Looking for more? Our functional studio provides a suite of classes which are an ideal addition to your gym session, from spinning through to aerobics.



# Exercise



Gymtec Fitness is equipped with a suite of top of the range Life Fitness equipment, perfect whether you're improving your level of fitness, wanting to lose weight, recovering from illness or injury or maximising your sporting performance.

Our cardio equipment includes treadmills, cross trainers, rowers and bikes, all fitted with a 19" LCD touch screen which brings your digital life together with your workout. Connect to the App on your smart phone and track your progress, listen to your favourite tracks or update your social media account.

You may even want to catch-up on the latest episode of your favourite TV show or do some internet shopping, using our internet enabled equipment.

Our resistance equipment provides a huge range of choice from the Synrgy 360T, a multi-functional work-out station, through to a free weights area in front of the full-height mirrors. With the choice of various machines to target specific muscle groups, you can truly get the most out of your workout regime and reach your potential.

Our team of professional fitness trainers work with you, to develop a personalised fitness programme to help you achieve your exercise goals and maintain your level of fitness.

Need a little more motivation? Our fitness trainers can provide one-to-one personal training sessions, to keep you on track.





# Personal Training

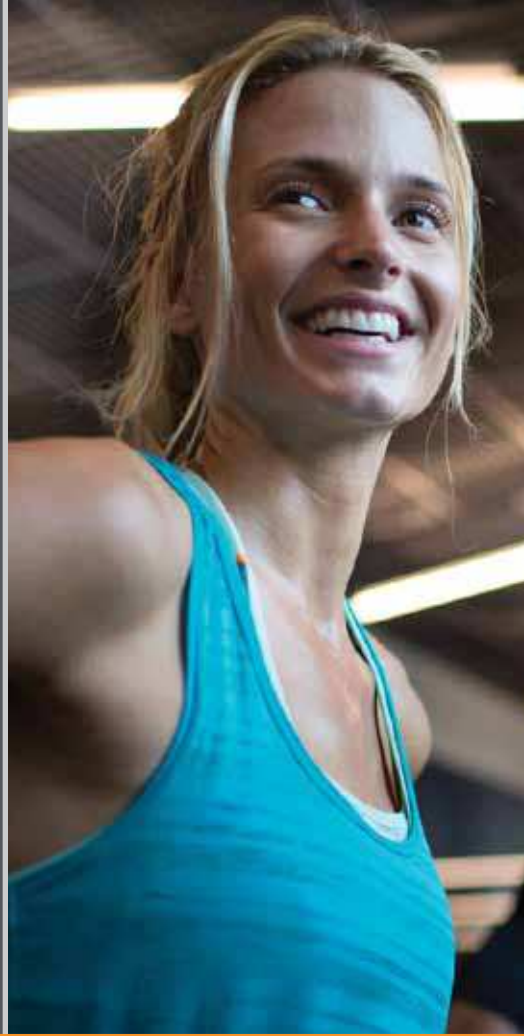
Our personal training sessions, led by our experienced instructors ensure that you get the most out of your workout. This may be just to provide a little extra motivation or to adjust your exercise regime to help you increase your sporting performance or reach your weight loss goal.

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Sporting professionals can benefit from our specifically designed fitness programmes, where one of our personal trainers provides instruction on how to improve sporting performance and maximise your workout efficiency. Tailored programmes can benefit a number of sporting professionals, including motorsports competitors, football and rugby players and athletes.

Need more? Our instructors can be booked to provide one-to-one training sessions – contact us now to reserve your place.





# Classes



Our group exercise classes are an ideal way of providing additional fitness combined with the motivation of exercising together with like-minded people. With our extensive timetable of classes, from spinning to Bums, Legs & Tums, we have something for everyone.

Classes are hosted in our air conditioned functional studio and led by our fully trained instructors - who will guide and motivate you through your workout session.

Our members can take advantage of our classes at a reduced rate. Classes are also available to non-members.

For more details or to book, please speak to a member of the team or call our reception on 01362 857195.



# Fitness Assessment

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Our team of fitness trainers are fully qualified and experienced, so you can be assured that you are safe in their hands.

Not only do they provide the initial induction to the gym equipment and help develop your training programme, but they will continue to support you during your workout routines and provide regular reviews.

Our fitness assessments are an ideal way to ensure that you are maximising your potential and achieving your goals. The assessments measure your progression and allow the opportunity to adjust your programme to keep you on track.

