

# Membership 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