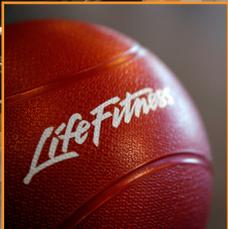


gymtec
fitness

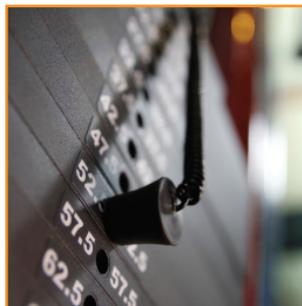
membership
from **£20**
per month

Gym
Classes
Personal Training



MATTISHALL

tailored for you



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

Our fully air conditioned gym is equipped with a range of cardio and resistance equipment from Life Fitness. The equipment has been specially selected to ensure there are plenty of suitable workout options for both the amateur and the sporting professional.

Our highly qualified and experienced fitness professionals are on-hand to help develop the ideal exercise programme, enabling you to meet your exercise goals.

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.

tailored for you

Equipment

gymtec
fitness



Gymtec Fitness is equipped with a suite of Life Fitness equipment, perfect whether you're improving your level of fitness, wanting to lose weight, recovering from illness, injury or maximising your sporting performance. Our cardio equipment includes treadmills, cross trainers, rowers and bikes, all fitted with an 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 catchup 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.

tailored for you

Tel: 01362 857195

www.gymtec-fitness.co.uk

Mattishall, Dereham, Norfolk NR20 3JY



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 individual fitness goal.

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. 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.

Classes

gymtec
fitness



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 Bootcamp; 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 included in our all our membership packages. Classes are also available to non-members on a pay-as-you-go basis.

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

See our class timetable for more details

tailored for you

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Mattishall, Dereham, Norfolk NR20 3JY



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.

tailored for you

Memberships Rates

gymtec
fitness



| ANYTIME GYM + CLASSES | 10% DISCOUNT | JUNIOR (14-16 years) |
|--|--|---|
| £27.50 per month | £24.75 per month £297 (annual price when paid upfront) | £20 per month £200 (annual price when paid upfront) |
| Full access to the gym at any time* | Full access to the gym at any time* | Full access to the gym at any time* |
| <ul style="list-style-type: none">• Full access to the group exercise classes (depending on availability)• FREE monthly consultation and Health Assessment• Tailored Programme and regular reviews | Discount conditions: <ul style="list-style-type: none">• Currently 65 years +• Student• Blue Light Staff Member• Mattishall Golf Club Member• Paying Annually <i>(Proof of eligibility required)</i> | <ul style="list-style-type: none">• Tailored programme and regular reviews. Classes on a PAYG basis at £3.50 per class. <i>(Proof of eligibility required)</i> |

NON-MEMBERS can also use the classes on a PAYG basis at £6.00 per class

*OPENING TIMES: Monday - Friday 8.30am - 8.00pm | Saturday 8.00am - 1.00pm

tailored for you

Tel: 01362 857195

www.gymtec-fitness.co.uk

Mattishall, Dereham, Norfolk NR20 3JY



Find Us

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



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