

memberships

exec health club*	£49.00
peak - gym & classes with spectra	£33.99
peak - gym & classes	£32.99
peak - gym only	£22.99
off peak - gym only (off peak hours are 11am-3pm mon-fri and all day weekends)	£14.99
day pass (must complete induction first)	£5.00
gym/spectra induction	£10.00

prices

personal services

personal fitness programme	£15.00
personal fitness programme review	£5.00
personal training 1:1	£25.00
personal training 1:2	£35.00
health screening - 1 check	£25.00
health screening - 2 checks	£35.00
spectra personal coaching session	£25.00

prices

rehabilitation services

cardiac rehabilitation class	£3.00
injury rehabilitation session - 30mins	£18.00
injury rehabilitation session - 60mins	£28.00
sports massage & therapy - 30mins	£18.00
sports massage & therapy - 60mins	£28.00
rehabilitation session	£25.00

classes

classes - members	£2.50
classes - non-members	£4.50
classes book of 10 - members	£20.00
classes book of 10 - non-members	£35.00

prices

*Price shown for Exec Health Club is exclusive of VAT. (All other prices include VAT at the prevailing rate).

ask at reception to join today
or visit www.morganswellbeing.co.uk