



ZONE FITNESS

TRANSFORMATION PROGRAMME MEMBERSHIPS AND SERVICES PRICE LIST

Memberships	Description	Price
Awareness Session	Come along and meet our friendly and supportive coaches and find out more about our range of transformation programmes and services. We have something to suit your budget, time availability, age, and confidence level.	Free Book in on our website at (Link)
12 Month Transformation Programme	Includes: <ul style="list-style-type: none">• Nutritious food plans• Support from our accountability coaches• 3D body image scans• Body composition Assessments• Education programme• Weekly weigh ins• Group exercise classes• Use of the gym 24/7	£55 per month 12-month Membership paid monthly by direct debit or £600 paid in full for the year
3 Month Transformation programme	Includes: <ul style="list-style-type: none">• Nutritious food plans• Support from our accountability coaches• 3D body image scans• Body composition Assessments• Education programme• Weekly weigh ins• Group exercise classes• Use of the gym 24/7	£75 per month 3-month membership paid monthly by direct debit
12 Month Transformation programme plus a weekly Personal Training Session	Includes: <ul style="list-style-type: none">• Nutritious food plans• Support from our accountability coaches• 3D body image scans• Body composition Assessments• Education programme• Weekly weigh ins• Group exercise classes• Use of the gym 24/7	£150 per month
3 Month Transformation programme plus a weekly Personal Training Session	Includes: <ul style="list-style-type: none">• Nutritious food plans• Support from our accountability coaches• 3D body image scans• Body composition Assessments• Education programme• Weekly weigh ins• Group exercise classes• Use of the gym 24/7	£175 per month
6-week Kick Start programme	Includes: <ul style="list-style-type: none">• Nutritious food plan• Support from our accountability coaches• Body composition assessments• Weekly weigh ins• Group exercise classes• Group exercise classes• Use of the gym 24/7	£150 paid in advance
3 Month Shape Up Programme	Includes: <ul style="list-style-type: none">• Weekly weigh in and exercise class• Nutritious food plan• Tanita body composition assessments	£35 per month



ZONE FITNESS

TRANSFORMATION PROGRAMME MEMBERSHIPS AND SERVICES PRICE LIST

SERVICES

Memberships	Description	Price
Food Plan	A personalised food plan to help you reach your goals in a healthy way	£45
Styku 3D Body Image Scan	Measures you and gives you a 3D image of your body	£25
Tanita Body Composition Assessment	Calculates your weight, body fat %, Muscle %, hydration, metabolic age, BMR and BMI	£6
Personal Training Sessions	One hour with a personal trainer to help you achieve your fitness goals	£35
A range of supplements, protein and healthy food available in the club		

Contact us at truro@zfs.co.uk or plymouth@zfs.co.uk or call Truro on **01872 561111** or Plymouth on **01752 774200** for further information or to book a place on an awareness session and find out more about our range of programmes.