

ZONE FITNESS

MEMBERSHIPS AND SERVICES PRICE LIST

Memberships	Description	Price
Memberships Paid Monthly		
12 Month Gym Only	Join the gym for a minimum of 12 months. Memberships roll on after 12 months until 30 days-notice is given	£35
Rolling Gym Only	30 days-notice required to cancel. No long-term contract	£39
12 Month Gym & Classes	Full use of the gym and group exercise classes Memberships roll on after 12 months until 30 days-notice is given	£39
Rolling Gym & Classes	30 days-notice required to cancel. No long-term contract	£43
Paid in Full Memberships		
12 Month Paid in Full Gym Only	Pay for 12 months in advance and save £70*	£350
Class	Pay as you go classes	£6
Day Pass	Pay to use the gym without taking out a monthly membership	£10
Week Pass		£25
Two Week Pass		£35
One Month Pass		£50

SERVICES

Memberships	Description	Price
Gym Inductions	Learn how to use our equipment safely and correctly	Free
Gym Programme	A customised training programme to help you achieve your goals	£25
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 to help you achieve your fitness goals

A full range of transformation memberships are available. These memberships include food plans, 3D body image scans, gym programmes, all classes, body composition assessments, weekly weigh ins and support from accountability coaches. Perfect if you want to achieve sustainable and achievable change.

* A finance charge is added to Direct Debit contracts to cover the costs of monthly collections. You can save this charge by paying in full for the year.

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.