



ZONE FITNESS VIP TRANSFORMATION PROGRAMME

Fat Loss • Muscle Gain • Lifelong Change

The VIP Programme is more than just a fitness plan — it's a powerful, community-driven educational experience designed to change your life from the inside out. Whether you want to lose body fat, build lean muscle, or take back control of your health, this programme gives you the structure, support, and education to make it happen.

■ Built for Long-Term Change

The programme begins with a 6, 8, or 12-week transformation phase, but this is just the starting point of something bigger — a lifelong journey of change. We don't do one-off fixes. We build strong habits, strong communities, and strong results — together.

■ Structured Start Dates – Stronger Together

This is not a programme you can jump into at any time. We run set intake dates throughout the year, where a group of members all begin the journey together. Why?

- Creates powerful shared energy
- Helps you bond with others working toward the same goal
- Builds connection, community, and momentum from day one
- Makes the learning more effective — we educate in small groups, not in isolation

From your first session, you'll be on a shared journey — and we guarantee you'll make friends along the way.

■ What's Included — £55/month

■ Progress Tracking

- 3D Styku Body Scan – high-definition visual tracking
- Tanita InBody Scan – full body composition analysis (fat %, lean mass, metabolic age)

■ Nutrition & Education

- Structured Meal Plan – simple, adaptable, goal-focused
- Educational Workshops – deep dives into food, behaviour, training and more
- Learn about calories, macros, emotional eating, habit loops, and how to manage it all

■ Coaching & Accountability

- Dedicated Accountability Coach – weekly check-ins and support
- Calorie and training plan adjustments based on your real results
- Behaviour coaching to support lasting change

■ Community Support

- Access to VIP Discord Group – 24/7 support and motivation
- Private Social Events & Group Meetups
- You'll start, grow, and progress as part of a powerful transformation community

■ Unlimited Gym Access

- Unlimited fitness classes
- Access to the full Zone Fitness facility

■ This Is an Educational Platform

You won't just be told what to do. You'll be shown how to take control for life.

- What actually causes fat loss
- How to eat, train and live for long-term results
- Why behaviour and psychology matter more than willpower
- How to build systems that keep working even after the programme ends

■ Optional: 1-to-1 Personal Training Add-On

Want more support? Add private 1-to-1 coaching with a Zone Fitness trainer.

- Individual lifestyle planning
- Personalised training sessions
- Goal tracking and custom progression
- Deeper behavioural work and focus

Speak to us to find out more.

■ Programme Cost & Access

- ■ Open to all Zone Fitness members
- ■ £55/month — includes everything listed above
- ■ New start dates launched throughout the year
- ■ Join as part of a supportive group and begin your journey with like-minded people

■ Ready to Begin?

Our next intake is launching soon.

Ask at reception or message us to secure your space — and take the first step toward your transformation.

We'll walk with you every step of the way.