



Club Activities

-  **Kick-Start 4-week Plan**
-  **Circuit, Cardio, Studio & Power Zone**
-  **Personal & Small Group Training**
-  **10 Week Personal Best Inch Loss Plan**
-  **Hot Stone, Sports & Pregnancy Massage**
-  **Yoga & Wellbeing**
-  **Bootcamps & Outdoor Activities**

**Discount
Vouchers**
see reverse

*"Hands up who looks forward to going to the gym?
Be honest!*

Slogging away on the rower isn't most people's idea of fun. The truth is traditional gyms do not inspire us to workout anymore. That is why I have created IVERIDGE! A results-based health club (NOT A GYM) that offers enjoyable ways to train towards your goals.



To help you get the best start possible, we offer everyone our unique KICK-START 4-week plan with a personal trainer. This delivers fantastic results in Month 1 and it is the perfect way to start you on the road to great results!

We also provide a unique range of health services and we have loads of fun exercise plans and activities all delivered by our dedicated, passionate team. Most of all, we give a real sense of value with our personal approach to your health, fitness and wellbeing.

With over 60 different classes and activities every week, you can't fail to feel good everyday!

Take a look at what we currently have on offer and don't forget to check out our fantastic discount vouchers to help KICK-START your healthy lifestyle."

Richard Hill

Feel good every day...



Kickstart

Kick-Start 4-week Plan

Your IVERIDGE experience starts with the help of one of our personal trainers who will guide you through our unique 4-week fitness & inch loss plan. Once a week for your 1st month, you get a 60-minute session with a dedicated trainer that will help kickstart your fitness and inch loss. We provide you with a results based metabolic training programme coupled with a 28-day healthy eating plan to follow. Each week, you will try something new.

We also offer a health assessment that provides you with an in depth body report on your 1st and 4th appointment to monitor your progress.

Ask any of our fab members about their results and they will tell you – 'Kickstart really works!'



Circuit, Cardio, Class Studio & Power Zone

We have a well-equipped technogym cardio suite and a metabolic circuit zone that gets great results in just 30-minutes.

We also have a huge range of fab group exercise classes that are included in your membership. Oh! and you can even book online for these as well. Ask reception for details. Make sure you pick up the latest class timetable of what's on at the moment.

Our new Power Zone is perfect for all those wanting real results.

All our activities and times can also be found at our website www.iveridgehealthclub.co.uk All the latest news and updates can also be found at our club news section on the website and of course on our fab Facebook page.



**NEW POWER ZONE
NOW OPEN**



Personal Training

Quite simply the best way to get real results! Having some real motivation and support from one of our senior personal trainers is a great way to get the results you've always

dreamed of. After your kickstart plan, why not stay on with your personal trainer in month 2? We even offer 50% discount off your first session to try out personal training. See your trainer in month 2.



1:1 30 minutes £30 **£15**

1:1 60 minutes £44 **£22**

1:2 30 minutes £18pp **£9pp**

1:2 60 minutes £27pp **£13.50pp**

Why not check out our website and look at the amazing results plenty of our members have already achieved.

We also offer signature packages of 3, 6 or 12 months to suit your personal needs and help you achieve real results. See our personal training director Richard for details.

Maximum Motivation : Maximum Results

*Terms & Conditions apply

IVERIDGE SMALL GROUP TRAINING

NEED A PUSH EACH WEEK? Then this is a great way to stay motivated and meet fellow members. Once a week for 4-weeks, let our trainers push you through a variety of fun and challenging sessions designed to meet your goals. We even offer 50% discount off your first small group in month 2.

Check reception for current weekly timeslots and next start dates. Simply pick a time to suit you each week.



MEMBERS & Non-Members PRICES

4 x 30-minute sessions **£30** **£15**

4 x 45-minute sessions **£45** **£22.50**

4 x 60-minute sessions **£60** **£30**

Maximum Motivation : Maximum Results

PERSONAL **BEST** IVERIDGE 10-WEEK INCH LOSS PLAN



The Programme includes:

- 1, 2 or 3 group exercise sessions each week to keep you motivated.
- 10-week nutrition plan to help you meet your weight & inch loss goals.
- A full wellness check & measurements on week, 1, 6 & 10.
- Weekly motivation emails and support.
- * 2 TEAMS battle over 10 weeks with bonus points for inches and pounds lost.
- * Points deducted if you fail to show for sessions. Most points WINS!

See desk for details of the next plan.

See back
for free trial
session

Hot Stone, Sports & Pregnancy Massage

Why not treat those tired muscles?
Massage is a great way to keep that body in tip top shape! We also offer gift vouchers should you want to treat someone to one of the following:

Hot Stone Massage

60-minutes £45

Sports Massage

30-minutes £27

60-minutes £45

Pregnancy Massage

30-minutes £27

60-minutes £45



To book a massage, simply speak to our smiley reception team and they will be happy to book you in. Open to non-members as well.

THE YOGA & WELLBEING SPACE



Yoga & Wellbeing Services

At IVERIDGE, it's not all about bump, grind, sweat and groan! We all need to take time out of our hectic lives and make time to breathe and clear our minds.

We offer a full holistic programme of YOGA & Wellbeing Classes to suit all levels.

Lookout for our specialist vinyasa, iyengar, pilates, pregnancy support and mums & tots classes, all delivered in our state of the art mind / body studio.

SEE RECEPTION FOR CURRENT DATES, TIMES & PRICES.

Look out
for a **FREE YOGA
& WELLBEING CLASS
VOUCHER** on the
back of this
booklet.

Family & Children's Activities

Family Classes 8-14years

We offer a range of family classes where children aged 8-14 can join in some of the adult member sessions with their parents. Check out when our latest family classes are on with reception.

**8-14 YEARS MAY JOIN IN
FOR FREE IF MUM OR
DAD ARE MEMBERS**

BOOK NOW!
What about
14-21 year olds?
Ask about junior
membership
today!



LOOKOUT for our Summer Camps as well!

Bootcamps & Outdoor Activities

BOOTCAMPS

These are a great way to get quick results. We offer weekly sessions and a 7-day intensive plan for real quick fix results!

60-MINUTE BOOTCAMPS

60-minutes of pure tough stuff! These sessions are on each week at set times and they are completely FREE to members. These are a great way to use our outdoor facilities and taste our lovely grass and mud! Perfect for all levels and you can even bring the kids aged 8 or over!

7-DAY BOOTCAMPS

We also offer 70-minutes a day of pure hardcore exercise for 7 days. These sessions run 3 times per year and they are a perfect way to get your mojo back. You are guaranteed to lose at least 7lbs in 7-days with a range of exhilarating sessions and tailored healthy eating plans. See reception for details of our next 7-day Bootcamp.



	Members	Non-Members
60-minute	FREE	£5.50 per class
7-day	£99	£119

Outdoor Circuit Training

Our outdoor circuit zone and tyretastic zone are a great way to sample our outdoor fitness activities on our all weather multiuse area. Using our unique pace clock, you can't fail to feel good everyday the fresh air way.



Trim Trek

Our Trim Trek consists of a 260m track with 5 stations of bodyweight exercise to give you the ultimate running and conditioning workout experience. What a refreshing change! Why not try to beat your time each month?



CLUB SERVICES VOUCHERS

FREE

PERSONAL
BEST
TRIAL
SESSION

Expires 31.12.17

50% OFF

YOUR 1ST
SMALL
GROUP PLAN

Expires 31.12.17



25% OFF

YOUR 1ST SPORTS
MASSAGE

Expires 31.12.17

FREE

MUMS & TOTS
CLASS

Expires 31.12.17

£10 OFF

YOUR 1ST
7-DAY
BOOTCAMP

Expires 31.12.17

FREE

60-MINUTE
BOOTCAMP

Expires 31.12.17

50% OFF

YOUR 1ST
PERSONAL TRAINING
SESSION

Expires 31.12.17

FREE

YOGA or
WELLBEING
CLASS

Expires 31.12.17

FREE

30-MINUTE
PERSONAL
TRAINING
CONSULTATION

Expires 31.12.17

Opening times: Monday to Thursday 6.30 AM to 9 PM, Friday 6.30AM to 8PM, Saturday & Sunday 8.30AM to 3PM.



IVERIDGE HEALTHCLUB



Tel: 01132 887 666 Web: www.iveridgehealthclub.co.uk

Terms & Conditions: 1 voucher per person. Subject to availability. Cannot be exchanged for cash or cashback. New customers to the service only. Subject to screening process and health declaration. Cancellation policies still apply.