



**No Judgements...
No Excuses...
Just Results!**

Thank You For Considering Our Club!

Please keep in mind we want to be more than just a place where you have a Membership. We feel strongly about fitness and the positive effects it can have in your life and want you to get the most out of your time with us.

Our Club:

- We are a run by a registered charity and have been serving the community since 2006
- We guarantee that anyone who joins our club in the future will never pay less than you do today
- We promise to never raise your fees as long as you're a member of this club. Simply stay current with your membership as we promise to honour your rates for as long as you wish to be a member here
- Our mission here is simple: **we want to be the best part of your day-everyday!**

Our 21 days for £21 Trial Membership

Everyone who is considering joining our club is given the opportunity to try our £21 for 21 days trial Personal Training membership. **We offer the highest quality service around, but talk is cheap - we want you to come meet our staff, talk to our members and give us the chance to earn your business.**

21 days of
personal training
for **£21**

Our trial membership includes:

- 6 Personal Coaching sessions
- An individualised programme
- Gym membership



What is the single most important thing you want from a membership at this club?



Fighting Fit

Fitness and Fat Loss Training Specialists

Tel: 01495 769104 www.fightingfitgym.com

Membership Options

Personal Training (PT) Membership

3 sessions /week - £100 x 12 months

2 sessions /week - £75 x 12 months

1 session /week - £45 x 12 months

(plus £25 programme design fee
to be paid every 4 months)

Short Term PT Membership

3 sessions /week - £150 x 3 months

2 sessions /week - £115 x 3 months

1 session /week - £75 x 3 months

(plus initial £25 programme design fee)

Standard Gym Membership

Anytime access - £25 x 12 months

Daytime only - £18 x 12 months

(9am - 4 pm)

Short Term Gym Membership

Anytime access - £28 x 3 months

Daytime only - £22 x 3 months

(9am - 4 pm)

Non-committal Gym Membership

Anytime access - £33 /month

Daytime only - £26 /month

(9am - 4 pm)

Includes...

- 1-3 coaching sessions per week
- Individualised programme scientifically designed & written specifically for you
- Unlimited use of the gym (a fitness coach always present to help you with your individual programme)



Fighting Fit

01495 769104

www.fightingfitgym.com

Rear of 60 / 61 Windsor Road,
Griffithstown, Pontypool NP4 5HY

21 days of
personal training
for **£21**

SPECIAL TRIAL MEMBERSHIP

Real People, Real Results !



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We realize you have choices when it comes to joining a fitness facility, and as a way of saying thank you for selecting us as your gym, we'd like to start off with some special gifts.

If you are comfortable with our club and plan to join up on a full (12 month) membership on your first visit, we would like to offer you our special premier package of gifts and incentives:

If you'd like to experience our club with our trial 21 for £21 membership before you commit to a full membership, we'd like to offer you the following packages of gifts and incentives if you join during your first 7 days:

Need more time? Join on a full membership before your trial membership expires and you will receive the following package of gifts and incentives:

PT Membership

- 4 extra coaching sessions
- £35 club cash to spend in club
- Tub of protein
- Fighting Fit T-Shirt

Total Value = £120

- 2 extra coaching sessions
- £25 club cash to spend in the club
- Tub of protein
- Fighting Fit T-Shirt

Total Value = £90

- 1 extra coaching session
- £15 club cash to spend in the club
- Fighting Fit T-Shirt

Total Value = £50

Gym Membership

- Individual programme + 2 coaching sessions
- £25 club cash to spend in club
- Tub of protein
- Fighting Fit T-Shirt

Total Value = £105

- Individual programme + 1 coaching session
- £15 club cash to spend in club
- 10 free shakes
- Fighting Fit T-Shirt

Total Value = £75

- £10 club cash to spend in club
- 5 free shakes
- Fighting Fit T-shirt

Total Value = £30

