

FITNESS MEMBERSHIP @ Handsworth Grange



Membership Includes:

- Free 1 to 1 orientation process designed to build your confidence and understanding of the equipment
- Unlimited number of gym sessions per week
- Personalised fitness programmes and reviews
- 'Menu' of options for further fitness development including:
 - Blood pressure Testing
 - Body Composition
 - Fitness Testing (Cardio-vascular and strength)
 - Core Stability Sessions
 - Flexibility Sessions

- Group Fitness Classes
- A friendly welcome from professional staff
- Exclusive changing facilities for members
- Stylish and innovative equipment
- Integrated TV on equipment to further enhance your enjoyment
- Free on site car parking

Membership starts from just £5 per week.