

PINX

PINX GYM, 13A RADFORD ROAD, LEAMINGTON SPA, CV31 1NF
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WINTER 2017 / SPRING 2018 MEMBERSHIP & TIMETABLE

MEMBERSHIP

No joining fee!

ALL CLASSES INCLUDED IN MONTHLY MEMBERSHIP FEE

	Normal Full M'ship	Students & over 60's
Monthly by direct debit 6 months contract	£27	£23
Monthly by direct debit 3 months contract	£32	£27
12 Months upfront membership	£295	£250
6 Months upfront membership	£160	£130
3 Months upfront membership	£90	£75
Off Peak Monthly 11 am - 4pm Monday to Friday	£20	£20

STUDENT SPECIALS

1 x 10 week student term membership	£68
2 x 10 week student term membership	£130
3 x 10 week student term membership for full student year	£180

BODY ACTION

1 x 10 mins	£3.00	20 x 10 mins	£25.00
5 x 10 mins	£8.00	30 x 10 mins	£30.00
10 x 10 mins	£15.00	50 x 10 mins	£50.00



Opening hours daily Monday to Thursday 8am - 8pm

Friday 8am - 1pm, Saturday 9am - 1pm & Sunday 9.30am - 12pm

NON MEMBERS ALSO WELCOME £5 PER CLASS OF 45 MINS OR GYM SESSION, £3.50 FOR 30 MINS CLASS

PINX Class Timetable

	9am	10am	5pm	6pm	7pm
MON	Circuits 9.30 - 10.00am		Circuits 5.30 - 6.00pm	Pilates 6.15 - 7.10pm	
TUE				Legs Bums & Tums 6.00 - 6.45pm	Metafit 6.45 - 7.15pm
WED	Circuits 9.30 - 10.00am		Metafit 5.30 - 6.00pm	All Over Body Workout 6.00 - 6.45pm	
THUR			Step N Tone 5.30 - 6.00pm		
FRI	Circuits 9.30 - 10.00 am		Closed 1pm onwards		
SAT		Step N Tone 10.30 - 11.15am	Closed 1pm onwards		
SUN			Closed 12pm onwards		



Circuits

Interval circuit training that provides a full strength and aerobic workout to tone, keep fit and burn fat.



Pilates

A fantastic technique for strengthening & balancing all the muscles of the body as well as improving posture and movement.



Legs, Bums & Tums

A combination of easy to follow exercises that focuses on improving muscular endurance and tone.



Step N Tone

A mix of calorie burning cardio and strength training to tone up the whole body



All Over Workout

Combines cardio with muscle-toning moves for an all-over, total-body workout.



Metafit

Metafit combines traditional bodyweight exercises with High Intensity Interval Training techniques. An explosive workout that will strip fat and get you FIT!