



# Gym & Tonic Membership **FEES**

From 1.4.17 - our first increases since mid 2014

Classes include: Freestyle Fitness Yoga, Boxing Circuits, Barre Fusion, Body Blitz (weights to music), Beginners Pilates, Athletic Pilates, 1 x Friday Brain-Fit per month, and GIGO (Get In, Get Out - metabolic!). All are TOP QUALITY SESSIONS.

Fee	Term	Classes included	Inductions included	24/7	Memb type
£440	1 year	yes	yes	yes	FULL
£270	6 m	yes	yes	yes	FULL
£150	3 m	yes	yes	yes	FULL
<b>Per month on Direct Debit</b>					
£49	6 m	yes	yes	yes	FULL
£44	1 year	yes	yes	yes	FULL

## Pay as you go, gym

£7.50 per session      no      £45      NO      NO

With 12 current classes, (£7 drop in), we are rarely crowded – this means you get the attention you deserve from Cat (Personal Trainer & Fitness Instructor of the Year/Wales 2006). And in the Gym, with 12 machines and a weights area it means you can always just get on! We have built up our equipment since 1998 there's a lot to keep you occupied! Gym membership includes two Inductions, then ongoing support. FULL members - no appointments necessary. You can come to any/all classes, as often as you like, or do two sessions back to back! (many do!). Please phone **01497 822995** or call in to: 10, Broad Street, Hay on Wye, (behind The Rose & Crown), by appt so you know we'll be free). We reserve the right to make changes to the timetable at any time or suspend classes over holiday periods. Terms and Conditions do apply - you'll get a Gym Membership package explaining all! You can see up to the minute changes and details of Personal training services and more at: [www.gymandtonichay.co.uk](http://www.gymandtonichay.co.uk) Also please check out our sister site: [www.weightandsee.me](http://www.weightandsee.me) for details of the next live nutritional and lifestyle sessions (not included in membership). BrainFit on Saturdays is £7 to all.