

# Membership Programs

Thank you for considering our club!

Please keep in mind that we want to be more than just a place where you have a membership. We feel strongly about fitness and weight loss and what it can do in your life and we want to help you get the most out of your time with us.

## Our club

- We are the ONLY Award Winning Fitness and Weight Loss Company in the Midlands.
- We guarantee that anyone who joins the club in the future will never pay less than you do today.
- We promise to never raise your prices as long as you're a member of this club. Simply stay current with your membership, or renew within 30 days of expiration, and we will honour your current rate for as many years as you wish to be a member here.
- Our mission here is simple: we want to be best part of your day every day.

## Our 30 Days for £49 Trial Membership

Everyone who is considering joining this club is given the option to try our club with our 30 Days for £49 Trial Membership. **We feel we have the best club in town but talk is cheap. We want you to come meet our staff, meet the other members and give us a chance to earn your business.**

Our Trial Membership includes:

- 4 fitness coaching sessions
- An individual program
- Unlimited group coaching sessions
- Gym membership



At the end of the trial membership, if we are not the club for you, simply walk away and you will be under no further obligation.

Many people who come through our doors have already made up their mind to join the club through referral or by our reputation in the community, but for those who haven't yet decided, trying before you commit is the best way to get started.

**0844 844 2471 [www.resultsweightloss.co.uk](http://www.resultsweightloss.co.uk)**

## Annual Membership Options

### Group Coaching Membership    £107 x 12 months

- Unlimited access to high energy group fitness coaching sessions (max. Of 15 per group)
- A scientific designed group fitness program (changes once per month) designed to boost your metabolism, decrease injuries, increase your strength and function better in your daily activities.

This membership is recommended if you do not have any special circumstances such as injuries or limitations which require you have a specific program design for you.

### All Access Membership    £227 x 12 months

Includes all the benefits of our Group Coaching Membership PLUS:

- One fitness coaching session per week (4 per month) working on your specific needs and goals in a semi private session (1-3 members)
- Individualised program design written specifically for you (changed every 4-6 weeks)
- Personalised nutrition program to support your specific needs and goals
- A weekly strategic goal/progress meetings with quantifiable indicators
- Unlimited use of the gym along with a copy of your individualised program

### All Access Gold Membership    £367 x 12 months

Includes all the benefits of our All Access Membership PLUS:

- A second fitness coaching session per week (for a total of 8 sessions per month)

## Short-Term Membership Options

### 3 Month Group Coaching Membership    £207 x 3 months

All the benefits of our Group Coaching Group Membership with only a 3-month commitment.

### 3 Month-To-Fit Membership    £349 x 3 months

All the benefits of our All Access Membership with only a 3-month commitment.

### 3 Month-To-Fit Gold Membership    £469 x 3 months

All the benefits of our All Access Gold Membership with only a 3-month commitment.

## Need more sessions?

Add more sessions on any of the above memberships. You can purchase additional fitness coaching sessions

- 4 sessions for £170.

We are so confident in the results our clients get that we offer a 30 Day money back guarantee. If you do not reach our mutually agreed goals, we will give you your money back and cancel your membership. As part of our money back guarantee you will be held to our "honest effort" policy

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