

<b>Subject</b>	<b>Results Weight Loss</b>	<b>Health Clubs &amp; Gyms</b>	<b>Bootcamps</b>	<b>Diet Classes</b>	<b>Personal Trainers</b>	<b>Home Exercise</b>
Accountability	✓	✗	✓	✓	✓	✗
Scientifically Proven Bespoke Programme	✓	✗	✗	✗	✗	✗
Hormonal & Lifestyle Profiling	✓	✗	✗	✗	✗	✗
Life Coaching	✓	✗	✗	✗	✗	✗
Corrective & Rehabilitation Techniques	✓	✓	✗	✗	✓	✗
Encouragement Motivation & Support	✓	✗	✓	✓	✓	✗
Nutrition	✓	✗	✗	✗	✗	✗
Firm, Toned Muscles	✓	✗	✗	✗	✗	✗
Increased Metabolism	✓	✗	✗	✗	✓	✗
Fun & Effective	✓	✗	✓	✗	✓	✓
Lifelong Results	✓	✗	✗	✗	✗	✗
Feel of Importance	✓	✗	✗	✗	✗	✗
Personal Service	✓	✗	✗	✗	✗	✓
Results a Priority	✓	✗	✗	✓	✗	✓
Fully Supervised at All Times	✓	✗	✓	✗	✓	✗
Friendly Staff	✓	✗	✓	✓	✓	✗
Award Winning Coaches	✓	✗	✗	✗	✗	✗
Highest Standards of Cleanliness	✓	✗	✗	✗	✗	✗
5 Star Service	✓	✗	✗	✗	✗	✗

**RISK FREE, MONEY BACK GUARANTEE.**

Yes - that's right we call it our Risk Free 30 day "You Better See Results or We Won't Keep a Penny" Money Back Guarantee.

That's how committed we are to your success and how much we believe in this program!

**FEATURES**

	<b>Group Member Ship</b>	<b>Gold Member Ship</b>	<b>Platinum Member Ship</b>
<b>Unlimited Group Classes -</b> A scientifically designed group fitness program (changes once per month) Boost your metabolism, prevent injuries, increase strength and fitness as well as improve your functional movement in day to day activities.	✓	✓	✓
<b>RWL Nutrition System Manual -</b> Covers everything you need to know about nutrition, teaches you how to develop a custom nutrition plan unique to your physiology, plus a 4 week nutrition course and finally all equipped with 200plus recipe manuals.	✓	✓	✓
<b>Monthly Nutrition Review Seminars -</b> You need help? Interact with our expert coaches and nearly 200 fellow members to discuss your issues, success's as well a topic of the month presentation.	✓	✓	✓
<b>Unlimited Usage of the Gym -</b> Use your own bespoke personal program unlimited. A coach will always be present to assist you with your individual program.	✗	✓	✓
<b>Expert, scientifically Proven Bespoke Program -</b> Changes every 4 weeks. Customised results need customised programs.	✗	✓	✓
<b>Advanced Kinetic Chain Assessment -</b> <b>Optimal Alignment and Organ Function -</b> This looks at every major muscle, joint, nerve in the body and assesses alignment, strength, stability and postural control.	✗	✓	✓
<b>Complete Hormonal and Lifestyle Profiling -</b> A specific area of body fat on the body can be related to certain hormones in our bodies being out of balanced.	✗	✓	✓
<b>Personal Nutrition and Dietary Assessment -</b> Optional food journal assessments.	✗	✓	✓
<b>Motivation, Mindset and Goals Assessment -</b> The hardest part of starting a new diet, exercise plan or anything else for that matter, is because of the established ways of thinking and habits we've spent years, if not decades developing. For that reason, a large part of our early work will be around gaining crystal clarity and help you establish new behaviours.	✗	✓	✓
<b>Monthly Progress Meeting with Quantifiable Indicators -</b> Goal setting, what gets measured, gets managed - <i>Peter Drucker</i>	✗	✓	✓
<b>1 Personal Training Session Per Week -</b> £62.25 per session	✗	✓	✓
<b>2 Personal Training Sessions Per Week -</b> £49.62 per session	✗	✗	✓

**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 everyday!**  
**Call us today: 0116 2763411**

**Group Membership**  
**£127** a month

**Gold Membership**  
**£249** a month  
RRP: £749 a month Save £500!

**Platinum Membership**  
**£397** a month  
RRP: £1103 a month Save £706!