

## ABOUT US...

### OUR TEAM

We take pride in our work, so a member of our dedicated Front of House team will always be on hand to assist you or answer questions where needed.

### OUR HISTORY

Founded in 2017, The 225 Club holds health and fitness at its core. We strive to be a welcoming place for people to achieve their target and enjoy their workouts, no matter what their goals may be.

### OUR PROMISE

We keep our membership numbers capped, so we can always guarantee the best level of quality and service to our members.

## OPENING HOURS

MONDAY	6.30AM-9.00PM
TUESDAY	6.30AM-9.00PM
WEDNESDAY	6.30AM-9.00PM
THURSDAY	6.30AM-9.00PM
FRIDAY	6.30AM-7.00PM
SATURDAY	8.00AM-4.00PM
SUNDAY	9.00AM-2.00PM

*Bank Holiday hours may vary*

## CONTACT US

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# THE 225 CLUB

COBHAM'S  
BOUTIQUE

# GYM

MEMBERSHIP BROCHURE



## MEMBERSHIP PRICING

At The 225 Club we listen to member feedback so we can continue to offer the best combination of value and quality through our membership packages.

### UPFRONT PAYMENT

*for 6 month Membership*

Classic (classes incl.)	£450
Just Gym (classes not incl.)	£350
Classic Joint	£800
Just Gym Joint	£650

*for 12 month Membership*

Classic (classes incl.)	£840
Just Gym (classes not incl.)	£660
Classic Joint	£1560
Just Gym Joint	£1250

**Individual Memberships are subject to a £50 Joining fee, joint memberships are subject to a £75 Joining fee. Terms and conditions apply to all Memberships, and can be found on the website or acquired through speaking to a member of staff. Unless a further payment is made in advance, Just Gym Memberships will automatically roll onto a monthly Direct Debit Just Gym membership.**



### PAY MONTHLY

*for 6 month minimum contract*

Classic Membership (classes incl.)	£80pcm
Just Gym (classes not incl.)	£65pcm

### SHORT TERM MEMBERSHIPS

*Paid Upfront*

Student Membership (one month)	£49
10 x Day Passes Bundle	£120
1 x Day Pass	£15

**Student Membership requires proof of Student Occupation (Student ID) and is restricted to ages 18-24. Hours of gym entry are 11am-Close and classes are not included.**

## THE 225 CLUB

### PERSONAL TRAINING & WELLNESS

#### FREDDIE WATKINS

As Founder of The 225 Club, Freddie Watkins oversees the Gym as Lead Trainer. With over 10 years of industry experience under his belt, he has created the perfect environment to help you achieve your fitness goals in a friendly and functional training space.



#### THE PERSONAL TRAINING TEAM

We pride ourselves on having a professional and approachable team of Personal Trainers at The 225 Club. Our trainers have a diverse background and varied expertise, so no matter your goal, we can help find the perfect trainer for you.

#### THE WELLNESS CENTRE

*AT THE 225 CLUB*

The 1st Floor of the Club has recently been refurbished, and now boasts four Treatment rooms. Practitioners working from these rooms include Physiotherapy, Osteopathy, Reflexology, Acupuncture, Beauty Therapy and more.