



Kingsford Membership Deal

Package and Price List

No Contracts, No Joining Fees

Monthly Packages

| One:one Personal Training | Small Group Classes | Combination Package | Circuits Package |
|---|---|---|---|
| <p><i>Normally</i> £240/month</p> <p>Less 20% Deal £192/month</p> | <p><i>Normally</i> £90/month</p> <p>Less 20% Deal £72/month</p> | <p><i>Normally</i> £160/month</p> <p>Less 20% Deal £128/month</p> | <p><i>Normally</i> £70/month</p> <p>Less 20% Deal £56/month</p> |
| <p><i>Includes:</i></p> <p>Monthly unlimited PT sessions</p> <p>Monthly body composition analysis</p> <p>Running club</p> <p>Food diary and nutritional analysis</p> <p><i>NB. 30 day cancellation policy</i></p> | <p><i>Includes:</i></p> <p>Monthly unlimited group classes</p> <p>Monthly body composition analysis</p> <p>Running club</p> <p>Food diary and nutritional analysis</p> <p><i>NB. 30 day cancellation policy</i></p> | <p><i>Includes:</i></p> <p>Monthly unlimited group classes and 4 PT sessions per month</p> <p>Monthly body composition analysis</p> <p>Running club</p> <p>Food diary and nutritional analysis</p> <p><i>NB. 30 day cancellation policy</i></p> | <p><i>Includes:</i></p> <p>Monthly unlimited circuit classes at specific times.</p> <p>Monthly body composition analysis</p> <p>Running club</p> <p><i>NB. 30 day cancellation policy</i></p> |
| <p>All packages via monthly direct debit</p> | | | |