

FITNESS

Memberships



Monthly Direct Debit

Adult Single	£ 28
Adult Couple	£ 50
Off Peak Single	£ 19
Off Peak Couple	£ 34
Over 60's Single	£ 19
Full Time Student (proof required)	£ 19
Over 60's Couple	£ 34

Prices quoted are monthly instalments payable by direct debit

Joining Fee £25 per person

	<u>Monday to Friday</u>	<u>Saturday / Sunday</u>
Gym Opening Hours	6.00am to 10.30pm	7.00am to 9.00pm
Gym Off Peak Hours	6.00am to 4.00pm	3.00pm to 9.00pm
Reception Opening Hours	9.00am to 10.30pm	9.00am to 9.00pm

**Corporate Rates
Available**

PRESTWICK TENNIS AND FITNESS

1 Whinfield Place, Prestwick, KA9 2TS

reception@prestwicktennis.org

www.prestwicktennisandfitness.org

01292 474700

Getting the Most out of your Membership



As part of your membership you can receive a full, individual training programme at no extra cost. You can then track your progress; in the gym, at home and even on your mobile using the fitness app.

In order to get the most out of your membership please make sure you do the following:-

1. Book the first Part of your Induction

Everybody needs to do this so that we can tick all of the relevant health and safety boxes. After that it's all about improving your experience and your results at the gym. During the first part of the induction you will do a 25min workout to see how the machines and the cloud based Unity platform work. Don't worry we can make it as easy or hard as you like.

2. Book in for the second workout

This is optional but recommended, if you would like us to make you a programme it's important that we do a second workout to see how the other machines work and get used to how the Unity software can work for you. This involves a 30min workout.

3. Book in for a Programme

By the third part of your induction you should be comfortable with the machines and have a good idea of what your favourites are so the only thing left to do is to put a training programme together. We will make you your own individual programme based on; what you like, your goals, how long you want to train, and how often you want to come to the gym.

4. Get a programme Renewal

This can be done at any point but we recommend updating your programme roughly every 2 months, with either some small adjustments or a completely new programme.

5. Get some help with your diet

At no extra cost one of our instructors will help you optimise your nutrition, just ask any time you are in and we will explain how.

6. Come and speak to us for new ideas and help with exercises

You don't need to book in for this there is always a member of our fitness team in the gym ready to give you new exercises to try or to help with any questions you have about the gym or your training programme.

* If you are already experienced in the gym you can do your own thing and follow your own programme

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