



## JOIN ONLINE NOW @ [www.24hrgym.co.uk](http://www.24hrgym.co.uk)

### ANSWERS TO THE MOST FREQUENTLY ASKED QUESTIONS ABOUT 24HR GYM

**NO** we do not have a registration fee.  
**NO** we do not have an administration fee.  
**NO** we do not have a joining fee.  
**NO** we do not charge for training programmes.  
**NO** we do not have any hidden costs at all!  
**NO** our members do not have to queue to use the equipment.

**YES** without a doubt we do have the finest resistance equipment in the UK.  
**YES** we do have a large range of Cardio Vascular equipment.  
**YES** we do focus mainly on nutrition and training for optimum body reshaping.  
**YES** we teach all levels of training, from beginning to well advanced.  
**YES** we do have a sun bed (pay-as-you-go).  
**YES** we do have a healthy selection of drinks and snacks available.  
**YES** we do sell a range of supplements.  
**YES** we really are a 24-hour gym.  
**YES** we are open to our members 365 days a year.

### VIEWING TIMES

**Monday - Friday** 8am - 12pm; 5pm - 9pm  
**Saturday** 10am - 4pm  
**Sunday** Key-holders only

Doors will be locked 12pm - 5pm. All members please obtain a free key for your 7am - 10pm access. 24 hour access keys are available @ £15 Full members with a Proximity Key have 24/7 access 365 days a year.

### COSTS

#### Standard Memberships

£ 35 Individual adult member.  
 £ 50 Two people wishing to join together from one account.  
 £ 60 Three people wishing to join together from one account.  
 £ 25 All Female Gym plus cardio.  
 £ 200 Upfront payment for six months.  
 £ 350 Upfront payment for one year.

Minimum three months.  
 Includes one in 24HRGYM and one in ALI Female Gym. Minimum six months.  
 Includes 24HRGYM and All Female Gym. Minimum six months.  
 Women only. Minimum six months.  
 Individuals only.  
 Individuals only. Includes a FREE access key.

#### Workout Fee

If someone wishes to use the gym for a workout only; the fees are as follows:

£ 10 Workout fee for adults.  
 £ 7 Workout fee for students.

Rules must be explained to new users.  
 Student ID must be shown every time. Rules must be explained to new users.

### WHAT DO I NEED TO DO IF I WISH TO JOIN?

All you need to do is visit the gym with your bank details and your first month's payment if choosing Direct Debit (there is a £15 key fee), and you can start straight away. If you require one of our free training programmes to get you started please phone us on 01793 881900 and we will book you in at a convenient time for you OR you can join up online now & receive a 24 hour access key!

**We are not looking to be the biggest gym but we are aiming to be the best.**

We look forward to seeing you soon.

The 24Hr Gym Team