

# PRICING & MEMBERSHIP OPTIONS



**THE  
SHREDQUARTERS**  
BRIGHTON





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# MEMBERSHIP SPIEL

Here at The Shredquarters Brighton, we pride ourselves on building a warm and welcoming community to build strong, fit and robust humans.

We produce great results and truly care about helping you succeed.

Detailed below is more information about our pricing and membership options.

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All memberships are weekly card payments taken out that last for an initial 8 week period. After this period, they then continue on a rolling basis thereafter.

All we require after the 8 week period is two weeks written notice to any changes or cancellations to any of our memberships.

Please note : our one-off Joining /Admin Fee is a payment of £40 added to our all of our memberships, excluding the Deluxe & 8 Week Shred Challenge.





# THE BASIC

Our Basic Membership entitles you to attend any three (3) of our awesome classes per week (7 days) in our given timetable.

Three classes per week gets you on the right path to try our big variety of classes specialising in Strength Training, HIIT, Boxing, Endurance, Strongman & Yoga.

Also offered with this membership :

- Nutritional Guidance
- Training Fundamentals Send Out
- "What You Need to Know" Supplement Pack
- Access to our Private Facebook Group

Price | £26 per week (7 days)  
£8.66 per class





# THE UNLIMITED

**Our Unlimited Membership entitles you to attend as many classes as you want throughout our timetable. You can technically attend every class (not that we would recommend that!)**

**A superb deal to take full advantage of every class that we offer with superb value for money. This also includes discounted nutritional plans & access to our open-gym use (at select times) to do whatever you fancy.**

**Also offered with membership :**

- Nutritional Guidance
- Training Fundamentals Send Out
- "What You Need to Know" Supplement Pack
- Monthly Bodyfat Stats & Before / After Pictures
- 30% Discount on Tailored Shred Starter Pack / Nutrition Consultation
- Access to our select "Open-Gym" times
- Access to our Private Facebook Group

**Price | £32 per week (7 days)**





# THE DELUXE

**Our Deluxe Membership entitles you to an unlimited class pass with 2 monthly 1-2-1 (one hour) Personal Training sessions (worth £100).**

**Amazing offering if you're after a little more attention, support and accountability. No Joining Fee is required.**

**Also offered with membership :**

- Nutritional Guidance
- Training Fundamentals Send Out
- "What You Need to Know" Supplement Pack
- Initial Movement/Coaching Assessment
- Monthly Bodyfat Stats & Before / After Pictures
- 50% Discount on Tailored Shred Starter Pack / Nutrition Consultation
- Access to our select "Open-Gym" times
- Access to our Private Facebook Group
- 20% Discount on all behind-the-counter purchases at SQB.

**Price | £52 per week (7 days)**



# 8 WEEK SHRED CHALLENGE

This is our 8 week transformation package designed to give you fantastic results over 8 weeks and learn more about applying nutrition and training to align with specific goals to transform your body and mind.

A fantastic program if you're wanting something more bespoke and Personal Training suited to your wants/needs. We also help apply sustainable mechanisms to help put you on the right path for health-seeking behaviours.

Also offered with the program :

- 8 One-to-One Personal Training Sessions
- In-depth Lifestyle Consultation
- Bespoke Nutritional Guidance
- Training Fundamentals Send Out
- "What You Need to Know" Supplement Pack
- Initial Movement/Coaching Assessment
- Monthly Bodyfat Stats & Before / After Pictures
- Access to our select "Open-Gym" times
- Access to our Private Facebook Group
- 20% Discount on all behind-the-counter purchases at SQB.

**Price | £80 per week (7 days) or £570 upfront**



# **CLASS CREDITS**

**Class Credit (one) : £15**

**Block of 10 Class Credits : £130**

**Block of 20 Class Credits : £250**

**Please note :**

**Class credits are non-refundable**

**Our block of 10 class credits lasts for a three month period once you've booked in for first class through our app.**

**Our 20 class credits last for a period of six months once you've booked in.**





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