

# SHREDQUARTERS PRICE LIST

## MEMBERSHIP PRICES

JOINING FEE

£40

3X SESSIONS A WEEK

£16 PER WEEK

UNLIMITED SESSIONS

£22 PER WEEK

COUPLES UNLIMITED

£18pp PER WEEK

\*\*\*CORPORATE DISCOUNTS AVAILABLE

## PERSONAL TRAINING

PERSONAL TRAINING SESSION

£35

10X PERSONAL TRAINING  
SESSIONS

£300 PER

8 WEEK SHRED

£65 PER WEEK

Consultation, Unlimited Classes,  
8 x 1:1 Personal Training Sessions, Nutrition  
Advice, Weekly weigh ins/Check ins,  
Measurements and before & after photos