



# PRICING & MEMBERSHIP INFORMATION

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**THE SHREDQUARTERS**  
BRIGHTON



**RESULTS-BASED  
GROUP TRAINING**

# HOW TO GET GREAT RESULTS?

PUT TOGETHER A PLAN: EXECUTE & STICK AT IT.

#HWPO



TRAINING



PLAN OF ACTION



ADHERENCE



GOAL SETTING



OPEN MINDSET



RECOVERY

# MEMBERSHIP OPTIONS

All memberships are weekly card payments taken out and last for an initial 8 week contract, then continue on a rolling basis thereafter. All we require after the 8 week period is two weeks notice to any changes or cancellations to membership. We also have our Joining Fee which is a one off payment of £40.

## THE BASIC

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

**Also offered with membership :**

- Nutritional Guidance / Training Fundamentals Send Out
- Access to our Private Facebook Group / Mailing List

**Price / £24 per week (7 days) / £8 a class**

## UNLIMITED

**Our Unlimited Membership entitles you to attend as many classes as you want throughout our timetable. A superb deal to take full advantage of our variety of classes and get great results, as well as value for money.**

**Also offered with membership :**

- Nutritional Guidance / Training Fundamentals
- Monthly Bodyfat Stats & Before / After Pictures
- 30% Discount on Tailored Shred Starter Pack / Nutrition Consultation
- Access to our select "Open-Gym" times to do whatever you like!
- Access to our Private Facebook Group / Mailing List

**Price / £30 per week (7 days)**

## THE DELUXE

**Our Deluxe Membership entitles you to an unlimited class pass with 2 monthly one-to-one (one hour) Personal Training sessions (worth £90). 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
- 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 / Mailing List
- 20% Discount on all behind-the-counter purchases at SQB.

**Price / £50 per week (7 days)**