



WELCOME TO **NR12FITNESS**

GYM & FITNESS STUDIO LTD



OVERFLOW PARKING

Our car park can get busy during peak/class times.

To get to our overflow:

- Follow the sign directing you past Gordon Barbers
- Continue along the road to the back of the Business Park
- Take your first left, then pull into the right for the overflow
- Walk up the right or left side, to the front of the gym



WEBSITE



SIGN UP



DIRECTIONS

MEMBERSHIPS MONTHLY

GOLD

£60 SOLO

(REDUCED FROM £67)

Unlimited Gym & Classes
Comprehensive Experience

SILVER

£41 SOLO

(REDUCED FROM £45)

Flexible Gym-Only
No Time Restriction

Terms & Conditions available at:
nr12fitness.clubright.co.uk

PAY-AS-YOU-GO

CLASS PACK

£96 FOR 14 CLASSES

4 FREE Classes | <£7 per class

GYM DOP-IN

Want to use the gym whilst
your little one is in class?

Grab a Pay-As-You-Go gym
session for just £7!

OUR DETAILS

www.nr12fitness.com
support@nr12fitness.com
01603 784247

MONDAY

AM	09:30 - 10:20	Pilates
AM	10:30 - 11:20	Pilates
PM	18:00 - 19:00	POWER HOUR
	18:30 - 19:15	NR12 RIDE 45
	19:15 - 20:05	Pilates

TUESDAY

AM	09:30 - 10:20	Legs, Bums & Tums
	10:30 - 11:20	Fitness Pilates
PM	18:00 - 19:00	Strength & Conditioning
	19:00 - 19:45	HITT, Core & Restore

WEDNESDAY

	09:30 - 10:20	Step-to-Music
AM	10:30 - 11:20	Transition - Women's Strength Training Programme
	13:00 - 13:50	Forever Fit
	17:00 - 17:50	Fitness Pilates
PM	18:00 - 18:50	Fitness Pilates
	18:00 - 18:45	Ultimate Burn
	19:00 - 19:45	Slow Flow Yoga



CLASS TIMETABLE

Please check our most up to date timetable at: www.nr12fitness.com

THURSDAY

AM	09:30 - 10:20	Transition - Women's Strength Training Programme
	18:00 - 18:50	NR12 PUMP
PM	18:30 - 19:00	NR12 RIDE 30
	19:00 - 19:50	Fitness Yoga

FRIDAY

	06:15 - 06:45	NR12 Ride 30
	08:15 - 08:45	NR12 RIDE 30
AM	09:00 - 09:50	Pilates
	09:00 - 09:45	Gym Fit
	10:00 - 10:50	Pilates

SATURDAY

	08:00 - 08:30	NR12 KETTLE EXPRESS
AM	08:45 - 09:15	NR12 RIDE 30
	09:30 - 10:20	NR12 PUMP