

# **fitness passport**

## **FITNESS PASSPORT MEMBERSHIP ACCESS**

As a Fitness Passport Member you are entitled to full Use of:

- Gym
- Pool\*
- Group Fitness
- Sauna/Steam room
- Initial consultation with a PT/ Gym instructor

The following services are available at **additional** cost:

- FTA
- Personal Training
- Supervised Juniors room
- Learn to swim/ squads
- Boxing club
- Squash
- BJJ

***Ask one of our Friendly staff about***

- ***Fitness Assessments***
- ***Gym And Fitness Programs***
- ***Personal Training Sessions***
- ***Learn to Swim***
  - ***Squash***
- ***Brazilian Jiu Jitsu***