



Healthworks
Gym  **FITNESS FOR ALL**

ACTIVITY PRICES

2025



Welcome to Healthworks Gym, where fitness is friendly, inclusive, and accessible to everyone.

Our low-cost membership plans ensure that you can enjoy a wide range of activities suitable for all ages and fitness levels without breaking the bank.

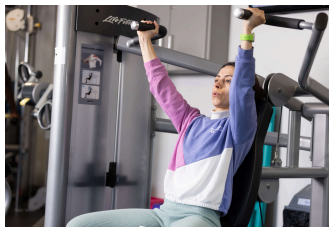
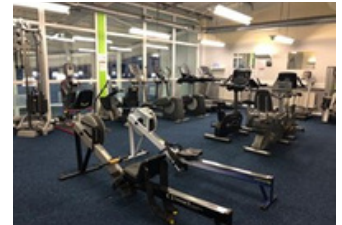
At Healthworks Gym, nobody judges whether you're a seasoned gym goer or just beginning your fitness journey, our supportive community and welcoming atmosphere make it the perfect place to achieve your health goals.

All individuals wishing to become members of Healthworks Gym must complete a Membership Form, which can be done either online or at the reception. By signing up, members agree to abide by the Terms and Conditions, Health Declaration, and Code of Conduct to promote a safe and respectful environment for everyone.

We strongly recommend completing a gym induction. Our qualified trainers will guide you through proper equipment usage, best practices, and gym etiquette.

Before using the gym facilities, all members must complete a Physical Activity Readiness Questionnaire (PAR-Q) to ensure they are fit for exercise. If you choose not to attend a gym induction, you will be required to sign an Induction Waiver, acknowledging that you are using the facilities at your own risk and take full responsibility for your safety.

Our fully equipped gyms are relaxed and friendly and one of our trained members of staff can complete an induction with you, if needed.



Memberships

Annual Gym and Class

Available online only

£250 paid in full

Available to anyone aged 16 and over.

Benefits of our Annual Membership include:

- No Admin Fee, Free Induction with one of the Instructors (booking required),
- Unlimited access to member-only classes, gym sessions,
- Free badminton sessions (booking required), available only at The Lemington Centre.
- Option to book activities online up to 14 days in advance,

Annual Gym

Available online only

£150 paid in full

Available to anyone aged 16 and over.

Benefits of our Annual Membership include:

- No Admin Fee, Free Induction with one of the Instructors (booking required),
- Unlimited access to the gym,
- Free badminton sessions (booking required), available only at The Lemington Centre.
- Option to book activities online up to 14 days in advance,
- 20% off group exercise Classes,



Memberships continued...

Monthly Gym and Class

Available online only

£25 per month (Direct Debit)

- Available to individuals aged 16 and over.
- Members can book gym and class sessions online up to 14 days in advance.
- Includes a free induction with one of our instructors (booking required).
- Offers unlimited access to gym sessions and any Healthworks-delivered group exercise classes.
- Free badminton sessions (booking required), available only at The Lemington Centre.
- Terms and conditions apply.

Monthly Gym

Available online only

£15 per month (Direct Debit)

- Available to anyone aged 16 and over.
- Members can book gym sessions online up to 14 days in advance.
- Includes a free induction with one of our instructors (booking required).
- 20% discount on Healthworks Group Exercise classes
- Offers unlimited access to gym sessions.
- Free badminton sessions (booking required), available only at The Lemington Centre.
- Terms and conditions apply.



Memberships continued...

Casual/Pay as you go (PAYG):

Available online and on-site

£0

Our Casual membership allows you to use your chosen facilities without committing to monthly payments. It's a great way to enjoy your favourite activities for less. Plus, since Healthworks is a not-for-profit organisation, your payments will be reinvested right back into your local community.

Available to anyone aged 16 and over. Other benefits of our Casual membership include:

- No monthly contract or fees,
- Flexible pay as you go gym and activity access ideal for fitness beginners or people getting back into exercise,
- Access to member-only classes,
- Option to book activities online up to 7 days in advance.



Exclusive Vouchers for Casual/Pay-As-You-Go Members

Available only at Reception.



31-Day Gym Voucher

Get unlimited access to the gym for 31 days for just £18!

- Normally, it's £4 per session.
- Save money and enjoy unlimited workouts for a whole month.
- This offer is available only for Casual/Pay-As-You-Go Members.



10-Class Voucher

Buy 10 classes for just £36!

- Normally, classes cost £3.50 to £4.50 per session.
- No expiry date, use the 10 classes whenever you like!
- Perfect for casual class-goers looking to save on their next 10 sessions.

From April 1st 2025

	Annual Gym and Class Membership	Annual Gym Membership	Monthly Gym and Class Membership	Monthly Gym Membership	Casual/Pay as you go Membership
Membership Cost	£250 per year	£150 per year	£25 per month Direct Debit	£15 per month Direct debit	£0
Gym Induction	Free	Free	Free	Free	£6.00
Gym Session	Free	Free	Free	Free	£4.00
31 Day Gym Voucher	NA	NA	NA	NA	£18
10 Class Voucher	NA	£31	NA	£31	£36
Next Steps Class	Free	£2.80	Free	£2.80	£3.50
Keep Moving Class	Free	£2.80	Free	£2.80	£3.50
Mainstream Classes*	Free	£3.50	Free	£3.50	£4.00
Lemington Yoga	Free	£4.00	Free	£4.00	£4.50
Badminton	Free	Free	Free	Free	£8.00



All sites

Health Resource Centre

Lemington Centre

*Mainstream Classes are group exercises delivered by Healthworks and not external organisations, speak to our Front-of-House team for more information



Healthworks

the community health charity

www.healthworksne.org.uk

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