

Aerobics

Cardio Workout & Cross Combat

A gym isn't just a place for exercise; it's the place you go to unwind, socialize & work out. The gym is a whole some experience. Some of the most successful facilities have several gym features that contribute to the kind of member experience that drives retention and sales. Our mission is to create a nurturing and empowering the environment where individuals of all ages, abilities, and fitness aspirations can thrive.

We understand that wellbeing is a multifaceted concept, which is why we offer holistic solutions that integrate physical, mental, and spiritual fitness.

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- Access to All CLUB4 Locations
- Fitness Floor & Cardio
- Studio Fitness & Les Mills Classes
- Tanning/Red-Light Therapy
- 30-Minute Fitness Consultation
-

Club 360 Class Facility

- Tanning/Red-Light Therapy
- Guest Passes & Bottled Water

THINGS TO BRING WITH YOU

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CLASS PASS

Water Bottle

SWEAT TOWEL

Sports CLOTHS

PROTEIN BAR

Sports Shoes

Class INSTRUCTOR

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Fitness coach
David BRANDON



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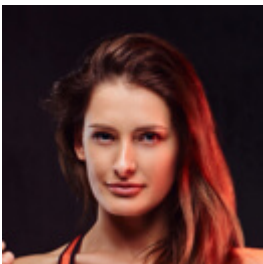
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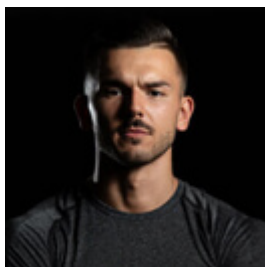
CLIENT'S TESTIMONIAL

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"Great gym! A new gym with modern equipment and facilities makes training so much easier. always willing to help you with your training"

Helen Jordan
Chicago



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CLASS TIMETABLE

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day

time

instructor

TUESDAY

07:00 – 08:00

DAVID BRANDON

WEDNESDAY

07:00 – 08:00

NATALIA JACKSON

THURSEDAY

07:00 – 08:00

WILLIAM JASON

FRIDAY

07:00 – 08:00

IVAN ALEXANDER