

FOCUS AT BADGEMORE PARK

SO MUCH **MORE** THAN A WORKOUT

The state-of-the-art gym in our stunning setting offers:

24 pieces of the very latest cardiovascular and resistance equipment from Technogym and other leading independent manufacturers (with an emphasis on rowing and cycling), including:

- **The Technogym ARTIS range:** top-of-the-range fitness technology offering a fully connected workout experience
- **Kinesis ONE:** which creates a unique functional training space with hidden weight stacks providing resistance across three planes of human movement, ideal for personal training and rehabilitation
- **SKILLMILL:** a new way to accomplish professional sports training in a highly effective solution, offering a huge variety of workouts
- **SKILLROW:** the first rowing machine capable of improving anaerobic power, aerobic capacity and neuromuscular abilities in a single solution
- **Wattbike:** the pioneering indoor power trainer for the ultimate indoor cycling experience
- An extensive **free weights area** with **stretching** and **relaxation zones**
- A **group cycling studio** equipped with Life Fitness IC7 exercise bikes.
- An evolving programme of **cardio, core strength, conditioning and relaxation classes**
- A **top-of-the-range Outdoor Rig** for classes, PT and individual workout sessions. Stations include prowler sled, battle ropes, landmine press, TRX, Olympic bar, dip bar, jumping platform, Swedish ladder and monkey bars.



There are four ways to become a member of FOCUS:

One-off annual payment or monthly direct debit either for a 3 or 12 month contract

Joining fee:	12 month annual (one off payment)	12 month rolling buddy contract (monthly DD)	12 month rolling contract (monthly DD)	3 month rolling contract (monthly DD)
£100 reduced to £50 Saving £50	£814 Saving £74 per annum	£68 per month Saving 10%	£74 per month	£88 per month

Opening times:

06.30 - 20.00 Monday to Thursday
06.30 - 18.00 Friday
07.00 - 17.00 Saturday, Sunday & Bank Holidays

Register your interest today:

focus@badgemorepark.com
01491 637 300

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Our weekly timetable is continually evolving and has a range of fitness classes throughout the day with some of the best instructors in the area. Boasting three indoor studios plus our fantastic outdoor rig, TRX, BARRE, Yoga, Pilates, Sculpt, Conditioning & Indoor Cycle are just some of the wonderful classes that we offer. Please scan the QR code below to view our full timetable.



A description for each of our classes can be found by scanning the below QR code.



B:MORE SOCIAL

As part of your gym membership, you receive a 10% discount on all the delicious food and drink offerings in the Coach House Bar & Restaurant. We also offer complimentary Wi-Fi should you wish to bring your laptop and work with us for the day.