
HIT35 BOOTCAMP LTD

SCHEDULE (SUBSCRIPTION PLANS AND SERVICES)

1. First step for any member is a free, in-person, introduction. Up to a half an hour with one of our coaches to discuss your fitness goals and lifestyle. Based on this consultation, we will recommend a plan suited to you.
2. Available monthly subscriptions:

i) Bootcamp

Aims

Meet people and make friends, allow some 'me time' be part of a happy fitness family, lower body fat, help you get more sleep, help you live longer.

Structure

Three tiers for Bootcamp subscriptions:

- 3 per week (minimum)
- 4 per week
- Unlimited

35-minute sessions created by our trainers that will vary per session.

Requirements

16 years old minimum age. Must complete the Fundamentals sessions prior to joining Bootcamp classes.

Costs

Starting from £85 per month.

ii) Personal Training

Aims

Lower your body fat, improve strength, give you more energy, reduce stress, help you get more sleep and help you live longer.

Structure

45-minute or 60-minute sessions at a frequency agreed between you and your coach. A coach will be allocated to keep you accountable and guide you towards your goals.

Costs

£45 per session (45 minutes) or £60 (60 minutes). Pay-As-You-Go option also available, £50 per session (45 minutes) or £65 (60 minutes).



iii) **Nutrition**

Aims

Lower body fat, control cravings, give you more energy, help you achieve long-term results, help you get more sleep, help you live longer.

Structure

Two tiers available. You will focus on changing 1-2 habits at a time, on behaviours as opposed to calorie counting. You will have check-ins with your coach 2 times per week to review your progress and plan for the way forward.

Requirements

Minimum 3-month subscription when you select our higher tier Nutrition Subscription.

Costs

Starting from £60 per month.

iv) **Postnatal**

Aims

Get mums back into fitness, help rehabilitate your postnatal core, pelvic floor and regain strength in your body. Connect local mums.

Structure

Foundations Programme

Two 1-1 sessions (45-minutes) with our specialist coach. Please note, babies are welcome during these private class times with limited numbers attending.

Mummy fitness

4-week program, 1 class per week (60-minutes), that builds on progress within Foundations Programme to build strength to allow you to return to normal training.

Requirements

You must complete the Foundations Programme to join Mummy Fitness.

Costs

One off payments of £90 for the Foundations Programme and £55 for Mummy Fitness.

v) **Hybrid Subscriptions**

Following on from your consultation, we may suggest a hybrid of our available subscriptions to better suit your personal goals.

This may alter the necessary requirements to begin training and the cost of your subscription. Details of any such variations when transferring to your Hybrid Subscription will be confirmed by your coach before the subscription begins.

A Hybrid Subscription will be treated as a new subscription.

3. **Other services:**

vi) **Strength Club**

Structure

1 session (60-minutes) per week, focusing on a single major compound lift and finishing each session with a Workout of the Day based around the major lift of the session. Designed to help you in future Strength Club Sessions.

Costs

Pay-As-You-Go only, £10 per session.

