

HEALTH CREDITS

You never know what life will throw at you. Take control of your Health & Wellbeing with a flexible pre pay CREDIT plan that you can off set against our services for you or gift them to someone else.

2020



One credit = £10

CREDITS CAN BE BOUGHT IN MULTIPLES OF TEN

PHYSIOTHERAPY 60 MINS	5
PHYSIOTHERAPY 30 MINS	3.5
INJURY REHABILITATION 60 MINS	5.5
INJURY REHABILITATION 30 MINS	3.5
SPORTS THERAPY 60 MINS	5.5
SPORTS THERAPY 30 MINS	3.5
SPORTS MASSAGE 60 MINS	4.5
SPORTS MASSAGE 30 MINS	3
PERSONAL TRAINING	4
WBH	0.5
EC	0.5
NUTRITION INITIAL CONSULTATION	6
NUTRITION FOLLOW UP	4.5
LIFESTYLE CONSULTATION	3
LIFESTYLE FOLLOW UP CONSULTATION	5



PHYSIOTHERAPY



INJURY REHABILITATION



SPORTS THERAPY



SPORTS MASSAGE



PERSONAL TRAINING



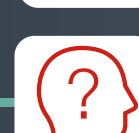
WATT BIKE HIRE (WBH)



EXERCISE CLASSES (EC)



NUTRITION



MINDSET & LIFESTYLE COACHING



ACTIVE KIT*

* 10% off all kit with an active credit loyalty card

HEALTH CREDITS

Take control of your Health & Wellbeing with a flexible pre pay plan

2020



PHYSIOTHERAPY



ONE HOUR



SPORTS MASSAGE

YouTube

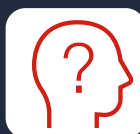
First large-scale video sharing website that makes it easy to watch videos online



MINDSET & LIFESTYLE COACHING

Tumblr

Lets you effortlessly share anything. Post text, photos, quotes, links, music, and videos from your browser, phone, desktop, email.



ACTIVE KIT

Pinterest

A visual bookmarking tool that helps you discover and save creative ideas.



INJURY REHABILITATION

Facebook

An online social media and social networking service based in Menlo Park, California.



PERSONAL TRAINING & CLASSES

Twitter

A service for friends, family, and coworkers to communicate and stay connected through the exchange of quick, frequent messages



NUTRITION

Instagram

The home for visual storytelling for everyone from celebrities, newsrooms and brands, to teens, musicians and anyone with a creative passion.