

# **MYWELLNESS MEMBER BENEFITS**



## **BODY MOT**

Using our medically accredited TANITA device we will provide a full body composition read-out.

We'll then talk with you about your fitness goals and give you some guidance on your fitness journey.



## **FITNESS SUITE INDUCTION**

Have an induction with one of our fitness instructors which will include a tour of the gym and an explanation of how our equipment works. Our instructors are here to offer a helping hand.



## **MYWELLNESS FITNESS PROGRAMME**

Our instructors are here to offer a helping hand: they'll create a personalised fitness programme for any member, focusing on short, medium and long-term fitness goals. They'll even meet with you at key stages to keep things on track!

**Bookable  
through the  
Mywellness App**