



## REACH YOUR FITNESS GOALS WITH FLEX

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We have all of the latest equipment and support from our professional fitness experts to help you get the results you want.

## MEMBERSHIPS

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### Student

**£60**  
annual  
**£7.50**  
per month  
**£2.50**  
per session

### ADULT

**£100**  
annual  
**£10.00**  
per month  
**£3.00**  
per session

### OVER 60

**£60**  
annual  
**£7.50**  
per month  
**£2.50**  
per session

## JANUARY OFFERS

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**FREE** one week trial in January!

Sign up for an annual membership before **Thursday 31st January** and get £10 off!

## CONTACT US

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Phone: 0191 229 5103

Email: [Josh.Brown@tynemet.ac.uk](mailto:Josh.Brown@tynemet.ac.uk)

Address: Tyne Metropolitan College,  
Battle Hill Drive, Wallsend, NE28 9NL



# CLASSES

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Indoor cycling

Body blast

Boxercise

Fast abs

High intensity interval training  
(HIIT)

Legs, bums, tums

Suspension training

Indoor/outdoor boot camps

Exercise to music

Zumba

Zumba gold

Children's Zumba

Clubbercise

Step aerobics

Just jhoom fitness

Chair-based classes

Kettle bells

# PRICES

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## Per session

Staff	£2.50
Student	£2.00
Flex Members	£2.50
Non-members	£3.00
60+	£2.50

## Per month (Max 10 classes per month)

Staff	£15.00
Student	£12.00
Flex Members	£15.00
Non-members	£20.00
60+	£15.00

## GET SOCIAL

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 /flexfitnessCRC

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