



FOURTHZONE MONTHLY INVESTMENT



OUR CORE MEMBERSHIP INCLUDES:

● Strength Room access	✓
○ Yoga/Pilates timetable	2x week
● Strength timetable	1x week
○ Mindset timetable	✓
○ 8 week Lifestyle Coaching Programme	✓
● Connection Zone	✓
○ Healing Garden to include sauna (Phase 2)	1x week

INCLUDED ENHANCEMENTS

CORE

STRUCTURED COACHING
& DEEPER RECOVERY

● 1/1 Personal Training (£55 per session)	-
○ Bonus class (£25 per class)	-
○ Reformer timetable (£35 per class)	1x month
○ Healing Suite (90 min protocol- £135)	1 x month
○ Nails/Massage (£55)	-
○ Additional programmes	-
○ Booking Priority	48 hrs in advance
○ Discount	Member rates
○ Guest Passes	6 passes
○ VIP only events	-

MONTHLY INVESTMENT

£155

*SAVING ON MEMBERSHIP

SAVE £170/ MONTH
£325 (INDIVIDUALLY)

All membership types are intentionally limited. A one-time joining fee applies.

Discount available for annual, upfront membership.

Class credits can be swapped for other class modalities subject to availability

Denotes price if enhancements purchased individually on top of CORE membership

● MOVEMENT ○ MINDSET ○ HEALING ● CONNECTION