

FITNESS YOUR WAY

# Memberships & Fitness Services

[www.pro-fitnessacademy.co.uk/gym](http://www.pro-fitnessacademy.co.uk/gym)  
@pro.fitnessgymhove  
29-31 New Church Rd, Hove,  
BN3 4AD

**PF** | PRO-FITNESS  
ACADEMY



## BODY & STRENGTH TRANSFORMATION PROGRAMME

Transform your physique and strength with our small group personal training classes.

### What you can expect:

- BURN FAT
- BUILD MUSCLE
- INCREASE CONFIDENCE
- INCREASE ENERGY
- LEARN EXERCISE  
TECHNIQUE





## BODY & STRENGTH TRANSFORMATION PROGRAMME

### How it works

#### 1. Maximum 6 people per class

Small class sizes mean plenty of attention from your coach and personal adaptations to each workout.

#### 2. Choose your class

You can pick which classes you attend each week from our schedule, allowing you to tailor your training to your needs

#### 3. Scaled for all abilities

Programming is easily adaptable to fit all levels of training age. Your coach will help you pick the exercises progression that is right for you.

#### 4. Check-ins

See your results in the data with our check-ins using our Boditrax machine. Check-ins take place every 6 weeks and provide a chance to socialise with other members.

#### 5. Lifestyle Coaching

You will receive nutrition and guidance from your coach to help you manage your lifestyle and get the best results possible.



# BODY & STRENGTH TRANSFORMATION PROGRAMME

TIME	MON	TUE	WED	THU	FRI
7AM	STRENGTH	CARDIO	STRENGTH	CARDIO	STRENGTH
9AM	CARDIO	STRENGTH	CARDIO	STRENGTH	CARDIO
12PM	STRENGTH	CARDIO	STRENGTH	CARDIO	STRENGTH
7PM	STRENGTH	CARDIO	STRENGTH	CARDIO	STRENGTH (6PM)



## STRENGTH:

Strength workouts focus on building muscle and strength. You will learn how to use free weights and resistance machines with a small amount of conditioning work at the end of the session



## CARDIO:

Cardio sessions place emphasis on high intensity workouts that incorporate a variety of methods to get your body feeling lean and fit!

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## BODY & STRENGTH TRANSFORMATION PROGRAMME

- Up to 3 Body & Strength Transformation Programme (BTS) session per week
- 6 week check-ins
- Complimentary access to our large group fitness classes
- 7 days per week gym membership
- 7.5% discount at the BNJC cafe and restaurant
- 2 complimentary guest passes per month to bring a friend along to BTS classes.
- 2 complimentary guest passes per month to bring a friend along to group classes.

**£199.99/ month\***

\*Minimum 3 month commitment.  
Month to month after the first 3 months.

**TRY YOUR FIRST 4 WEEKS 50% OFF!**



## Rob Greene, 37

Body Shop Owner

"I came to PFA with a bad shoulder. Not only have I been able to fix that, but my physique has been transformed. Highly recommend"



# TF | GROUP FITNESS

PERFECT FOR LOVERS OF YOGA, PILATES, HIIT AND MORE

- **Yoga**

Stay physically fit and mentally calm by doing exercises that promote relaxation and spiritual balance. These exercises can also improve your breathing patterns, mobility, flexibility, muscle strength, and stamina.

- **Pilates**

Pilates is a set of low-impact exercises that aim to enhance strength, flexibility, balance, and self-awareness. Emphasising proper alignment and control, Pilates is a great workout for individuals of all levels.

- **HIIT**

This class offers a blend of cardio, resistance, and core training that utilises equipment and your bodyweight. The main focus is to enhance your strength and cardiovascular fitness, providing you with a comprehensive full-body workout.

- **Core**

This class focuses on low-impact exercises that target your core muscles, using both bodyweight and light equipment. It is designed for all skill levels and offers a safe and effective way to build your core strength, tone your abs, and improve your overall fitness.

- **Seniors**

This fitness class is specially designed for seniors who want to stay active and maintain their health. The class incorporates functional movements that are safe and effective for older adults, helping to improve balance, mobility, and overall fitness

# PF | GROUP FITNESS

TIME	MON	TUE	WED	THU	FRI
7AM	YOGA	PILATES	YOGA	PILATES	YOGA
8am	PILATES	YOGA	PILATES	YOGA	PILATES
9AM	HIIT	CORE	HIIT	CORE	HIIT
10am	CORE	HIIT	SENIORS	HIIT	CORE
2.30pm	YOGA	HIIT	YOGA	HIIT	YOGA

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# Class Membership

PERFECT FOR LOVERS OF YOGA, PILATES, HIIT AND MORE

- Unlimited access to our large group fitness classes
- 7 days per week gym membership
- 7.5% discount at the BNJC cafe and restaurant
- 2 complimentary guest passes per month to bring a friend along to group classes.
- 1 complimentary BTS class per month (member only)

£89.99/ month

Minimum 3 month commitment.  
Month to month after the first 3 months.



**Nina, 45**  
Mum of two

"PFA made me feel comfortable right from the start. I was able to get over my fear of going to the gym alone and feel confident in what I was doing."



# Gym Only

FOR THE MORE ADVANCED MEMBER

- Full Access Membership £35/ month
- Off Peak (9am-4pm) £31/ month
- Shabbat Friendly £29/ month

Memberships are month to month.  
Cancel anytime.

# PF | PERSONAL TRAINING

We have one-on-one coaching options for anyone looking to take the next level with an approach to their fitness tailored to your needs.

Personal Training packages start at £29 per hour.

Contact us to book a free consultation with one of our coaches.

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# Try us out!

DON'T WANT TO COMMIT TO A MEMBERSHIP JUST YET?  
NO PROBLEM.

BTS Trial Session	FREE*
1 hr Personal Training Intro Session	£30
Group Fitness Drop In	£14.99
Group Fitness 10 pack	£99
Personal Training 10 pack	N/A**

\*Free BTS trial limited to one per person (this excludes guest passes from our current members)

\*\*Personal Training package pricing varies depending on the experience of the trainer, contact us to book a free consultation.

Memberships are month to month.  
Cancel anytime.

# Contact Us

For more information about any of our services or if you need help finding the right solution for you we can help.

[www.pro-fitnessacademy.co.uk/gym](http://www.pro-fitnessacademy.co.uk/gym)

@pro.fitnessacademy

Email management:

[sam@pro-fitnessacademy.com](mailto:sam@pro-fitnessacademy.com)

[andy@pro-fitnessacademy.com](mailto:andy@pro-fitnessacademy.com)





The background is a photograph of a gym interior, featuring rows of dumbbells on racks and various exercise machines. The entire image is covered with a semi-transparent blue overlay. The logo 'PF' is in white, while the text 'PRO-FITNESS ACADEMY' is in white and blue.

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