

SERVICES INFORMATION

Memberships							Pay As You Go				
Class Type	Class Name	Mind Body Premium £175	Pilates Extra £150	Course Purchase (4) £64 (8) £120 (12) £168	Gym & Classes £39.95 £33.95*	Classes Only £29.95 £25.49*	Move More, Feel Good (6 week membership) £37.50 £27.00*	Reformer Trial £18	Premium Class £15 £12.75*	Standard Entry £10.50 £8.90*	Post Referral £4.50**
Reformer (Beginner)	Reformer essentials	X	X	X				X			
Reformer (Int/Adv)	Align & Define	X	X	X				X			
Reformer (Int/Adv)	Dynamic Strength	X	X	X				X			
Reformer (Mixed Ability)	Reform & Restore	X	X	X				X			
Reformer (Mixed Ability)	Core Connection	X	X	X				X			
Pilates	Mat Pilates Essentials	X	X		X	X				X	
Pilates	Dynamic Strength Mat Pilates	X	X						X		
Pilates	Mat Pilates Restore	X	X						X		
Pilates	Bump & Balance	X	X						X		
Mind Body	Vinyasa Yoga	X			X	X				X	
Mind Body	Hatha Yoga	X			X	X				X	
Mind Body	Barre tempo	X			X	X				X	



(CONTINUED)

Dance	Dance with...	X			X	X				X	
Welcome to	Supple Strength	X			X	X	X			X	X
Welcome to	Vital Motion	X			X	X	X			X	X
Welcome to	Functional 5	X			X	X	X			X	X
Welcome to	Welcome to YMCA KX Community	X			X	X	X			X	X
Welcome to	Starting Strong Circuits	X			X	X	X			X	X
Strength & Conditioning	LBT	X			X	X				X	
Strength & Conditioning	Muscle Pump	X			X	X				X	
Cardio	HIIT: Pulse Ignite	X			X	X				X	
Strength & Conditioning	HIIT: Power Pyramid	X			X	X				X	
Gym Access	Gym Access	X			X					X	X**

- * Denotes concession rate
- **Eligible for this rate 3 months post-referral

