



BRING A FRIEND FRIDAY

HAVE A WORKOUT BUDDY?
WHY NOT BRING THEM ALONG FOR FREE?

MEMBERS CAN BRING A FRIEND FOR FREE, EVERY FRIDAY THROUGHOUT MARCH
GYM, CLASSES & NORDIC SPA INCLUDED!

APRIL FREE

IF YOUR FRIEND SIGNS UP IN THE MONTH
OF MARCH TO A 12 MONTH CONTRACT,
THEY WON'T PAY ANYTHING TILL MAY!

£10 SAVING FOR THE MONTH

SAVE £2 A MONTH

SAVE £2 OFF YOUR MEMBERSHIP EVERY MONTH
THAT YOUR FRIEND IS A MEMBER AT THE BOX

£24 SAVING FOR THE YEAR

OPTIMIZE YOUR EXERCISE ROUTINE

SPEAK WITH A MEMBER OF OUR TEAM FOR MORE INFORMATION

THE BOX
GYM AND SPA