

Direct Debit	Single Site Progress Gym OR Progress Performa	Jewel nce Progress Gym AND Progress Performance
Progress Monthly Rolling DD	£55	£70
Progress Prime 12 month agreement	£45 £45 Paid U	£60 £660 Paid Upfront
Progress Concession* 12 month agreement	£40 £4	£55 £605 Paid Upfront

Get a years membership for the price of 11 months when you pay annually. Short Term and Annual memberships cannot be frozen.

Short Term	Single Site Progress Gym OR Progress Performance	Jewel Progress Gym AND Progress Performance
1 x Month	£60	£75
1 x Month (Student)	£45	£60
Week	£25	£30
Day	-	£10
Day Punch Passes**	5 for £40	10 for £70

^{*}This discount applies to Corporate Partners, Students, Off-Peak Times (09:00-16:00 Mon-Fri, 08:00-20:00 Sat-Sun), Junior (16-18), Senior (60+), Blue Light (NHS, Police, Fire Service, Coastguard), Couples (2 people from the same household, the membership fee applies to each person), Classes Only (on the single site price only), **Any punch passes will have a 6 month expiry date from the date of purchase.

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