

CLINIC

PHYSIOTHERAPY, CHIROPRACTIC
& MORE

PHYSIOTHERAPY

Assessment £50

45 Minute

Treatment £37

30 Minute

3 Treatment block £99

1:1 Pilates £45

60 Minute



CHIROPRACTIC

Assessment £50

Treatment £37

5 Treatment block £160



MASSAGE

Sports Massage

30 Minute £27

60 Minute £44

Massage

30 Minute £25

60 Minute £42



HEALTH POLICIES

If you have a personal or work health policy that entitles you to treatment then don't miss out.

We are registered with:



For more info email your provider name and insurance number to info@urbanhealthfitness.com

Book, reserve & cancel classes with Member Me+



MEMBERSHIP

NO JOINING FEES

SINGLE FULL MEMBERSHIP

£29.99 per month
3 MONTHS MIN

BEST EVER
OFFER

JOINT 12 MONTH CONTRACT

£50 per month 12 MONTHS MIN

SINGLE MONTHLY MEMBERSHIP

£39.99 per month 1 MONTH TERM

PAY AS YOU GO

£7.50 per session

£65 for a 10 session pass

ANNUAL MEMBERSHIP

£300 per year

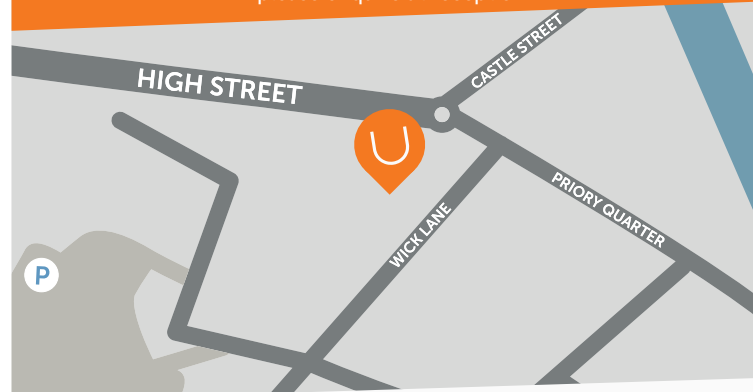
BEST VALUE

PERSONAL TRAINING

PAY AS YOU GO

Open to members and none members
Sessions available starting at £30.
Package and team training prices available

please enquire at reception.



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Membership terms & conditions apply. Pricing subject to alteration. Over 17 years only.

urban

HEALTH & FITNESS



AW17/18

CLASS TIMETABLE