

Better Body Training Membership Subscriptions

Frequently Asked questions

1) Do I have to keep paying over holiday periods?

Yes- the subscription fees are split over the year, so you always pay the same monthly payment. This means there are no longer lump sums to find at the beginning of any course.

2) For Gold membership classes, how many face-to-face classes are included?

The Gold membership fees cover one regular face to face class per week. However if you miss classes for holidays etc, you can then jump into extra classes on other weeks if you wish to, as extra catch ups.

No need to re-book, just turn up.

We will be asking everyone to advocate their prime class so we can monitor numbers.

Then there is some leeway for a couple of changes/swaps each week. We will monitor this using sign in registers and adjust numbers available to newcomers in membership categories if need be.

3) For Platinum membership, how many face-to-face classes are included?

This is unlimited. However we only currently offer Thursday and Fridays as face-to-face to so that really limits it to 2 at the moment.

Again it is more about flexibility of being able to jump into different classes when needed for work or family commitments etc.

Remember unlimited online classes are also available with this membership.

4) If I have to switch a face-to-face class on occasional times, would the possibility of getting into another one depend on numbers already subscribed to the one you hoped to join?

We will be monitoring numbers closely. We currently have plenty of slack in the system to accommodate people switching around a little. We will intervene and add more provision if this is the case. So no, in the short to medium term you will simply be able to turn up.

5) Would the provision of classes be similar to the current schedules that we've had in recent years? Would the summer school classes be included ?

Yes. Summer school classes would be an extra bonus along with extra occasional workshops and stretch classes etc. The aim is to make it feel like a club so you can turn up to a few different things as the mood takes you.

The monthly fees allows for 40 weeks of classes over the year. This allows for holiday periods or term breaks. We run more than this per year so there is some leeway for classes you might miss PLUS the easy opportunity to do extra catch-up classes. So you will probably be able to do more than the 40 sessions, so the costs actually comes down a little with that.