



Rivers

GYM, SPORTS FACILITY  
CONFERENCE, PARTY VENUE



# SUMMER SCULPT at Rivers Gym

Start / Improve / Achieve / Maintain

Our expert team of personal trainers at Rivers will provide target driven fitness programmes throughout the summer.

Available and suitable to every Rivers member, whatever your fitness.

Included within your membership price.

## You will improve your fitness at Rivers

Please see the gym team to join Summer Sculpt. Available 1 May to 31 August 2017.

Terms and conditions apply to Summer Sculpt and Refer a Friend. Please ask at club reception.

REFER A FRIEND to join Rivers and receive a FREE MONTH for every person you refer.

No Joining Fee and No Minimum Contract. Peak £30 per person per month, Off Peak £20 per person per month.