

Membership Options

The Nucleus offers a stylish, fully air-conditioned health and fitness centre with the very latest cardiovascular and resistance machines. It also includes an exercise studio hosting a diverse range of daily workout classes including Spinning, Body Conditioning, Circuits, All over body workout and HIIT.

We have a number of membership options available for both Park Tenants and non-tenants.

Our non-tenant membership options are as follows:

Individual Membership	£35.00
Couples	£60.00
Family	£84.00 (minimum of four)

All memberships are subject to a joining fee of £25.00

External classes: Pilates £30.00 per 6 week block

Discounted rates are available for Park Tenants

**Please contact the Health & Fitness Centre for more details
on 01799 532 256.**