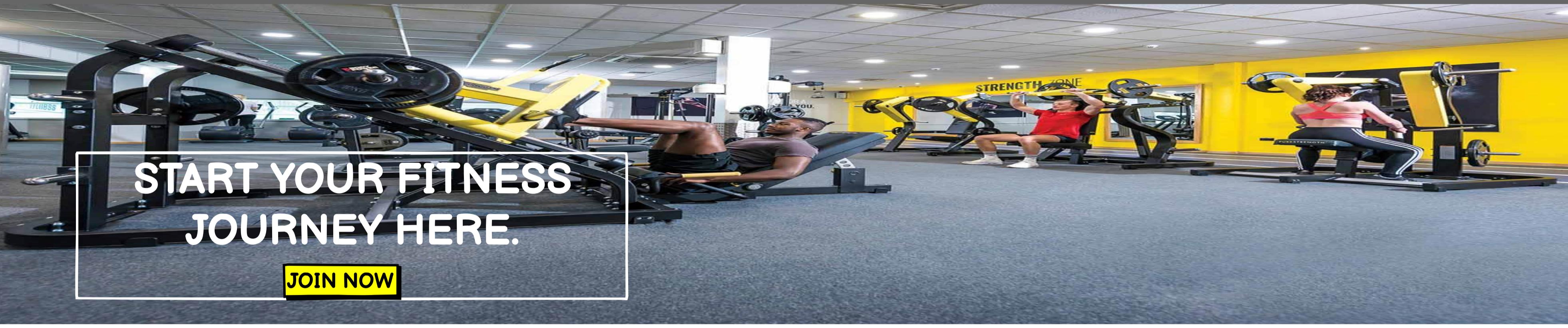


NEW GYM

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**START YOUR FITNESS
JOURNEY HERE.**

[JOIN NOW](#)


LOCATION

Unit 7
East Retail Park
Maesglas
Newport
NP20 2NW



OPENING TIMES

Mon - Fri: 6AM - 10PM
Sat & Sun: 8AM - 6PM
Bank - Hols: 10AM - 4PM



CONTACT US

Tel: 0343 909 2670
Email: enquiries@newgym.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9AM Spin	9AM Spin	7AM Spin	9AM Bodypump	10AM Aquafit
11AM Boxercise	10AM Step	10AM Aquafit	11AM Spin	11AM Boxercise
4PM Yoga	3PM Bodypump	4PM Yoga	4PM Step	5PM Yoga
6PM Dance	6PM Yoga	6PM Step	6PM Yoga	6PM Spin

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COME AND MEET
OUR FRIENDLY TEAM.

[JOIN NOW](#)

Kevin - Gym Manager

I strive to provide you with a friendly, modern, clean and fully-equipped gym.



Louise - Sales Manager

I'm here to help you find the best membership option for you.



Charles - Swim Teacher

I provide individual and group swim lessons that cater for all ages and abilities.



Tony - Personal Trainer

I can help you achieve your fitness goals, whether you want to lose weight or build muscle.



Claire - Fitness Instructor

I make my fitness classes fun and inclusive for everyone to join in.



Amanda - Barista

I can make you your favourite drink and serve you with our tasty meals.

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**RELAX AFTER YOUR
WORKOUT IN OUR CAFE.**

[JOIN NOW](#)


Membership Options (price per month)



Gym only = £20

- 50+ strength machines
- 100+ free weights
- 50+ cardio machines
- TRX suspension trainer
- Olympic lifting zone



Individual = £35

- Includes:
- Gym
 - Swim & Spa
 - Classes



Swim & Spa only = £25

- 25m indoor pool
- Hot tub
- Whirlpool
- Steam room
- Sauna



Couple = £60

- Includes:
- Gym
 - Swim & Spa
 - Classes



Classes only = £30

- 20 classes every week
- Includes: spin, step, yoga, dance, aquafit, boxercise and bodypump classes



Additional services (POA)

- Personal training
- Swimming lessons
- Nutrition coaching
- Cafe

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First Name

Last Name

Email Address

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Rather speak to someone?
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"Best gym I've ever
been a member of!"

Katie M.

"Excellent facilities
and always clean!"
Freddie T.

"I love the classes.
They're so much fun!"
Jenny S.

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MONDAY

9AM Spin 11AM Bodypump 4PM Yoga 6PM Dance

TUESDAY

9AM Spin 10AM Step 3PM Bodypump 6PM Yoga

WEDNESDAY

7AM Spin 10AM Aquafit 4PM Yoga 6PM Step

THURSDAY

9AM Bodypump 11AM Spin 4PM Step 6PM Yoga

FRIDAY

10AM Aquafit 11AM Boxercise 5PM Yoga 6PM Spin



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NEW GYM



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Charles - Swim Teacher



Tony - Personal Trainer



Claire - Fitness Instructor



Amanda - Barista



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RELAX AFTER YOUR WORKOUT IN OUR CAFE.

JOIN NOW



Gym only = £20

50+ strength machines

100+ free weights

50+ cardio machines

TRX suspension trainer

Olympic lifting zone



Swim & Spa = £25

25m indoor pool

Hot tub

Whirlpool

Steam room

Sauna



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20 classes every week

Includes: spin, step, yoga, dance, aquafit, boxercise and bodypump classes



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Swim & Spa

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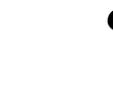
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Cafe



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