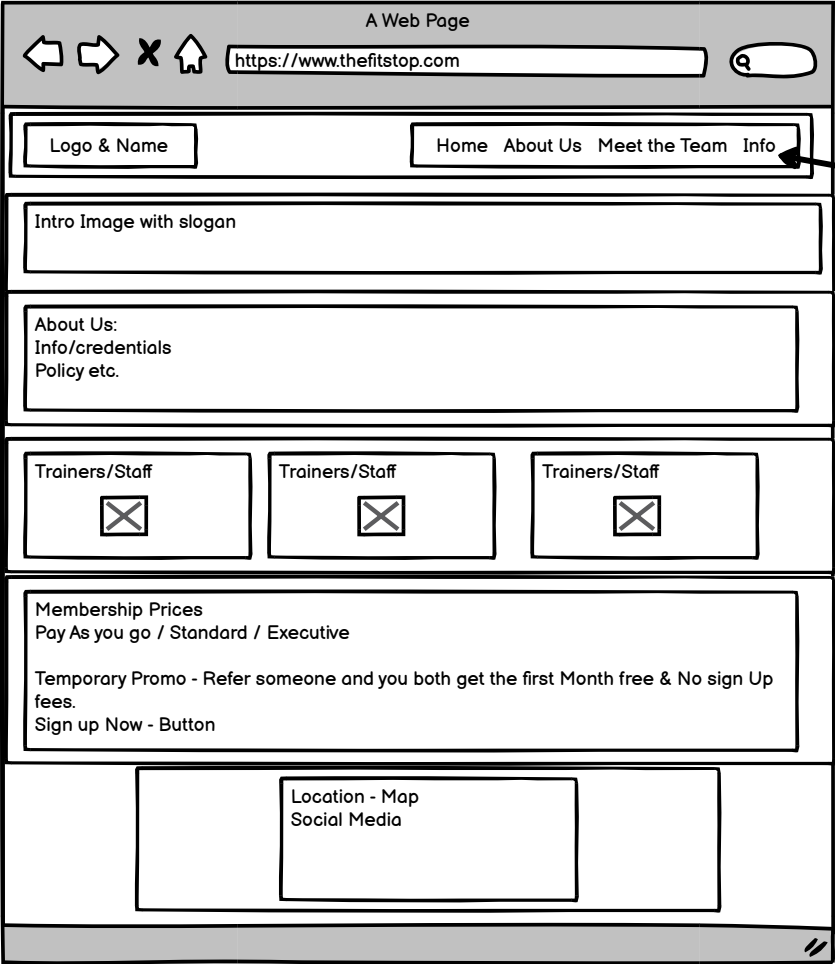
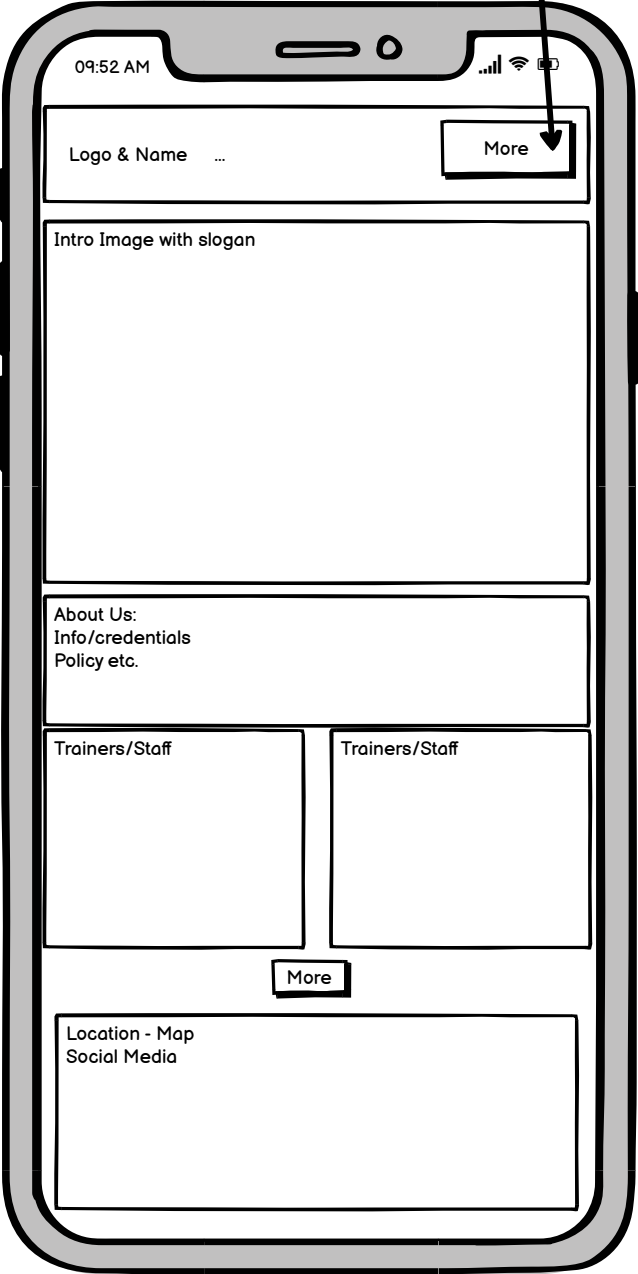


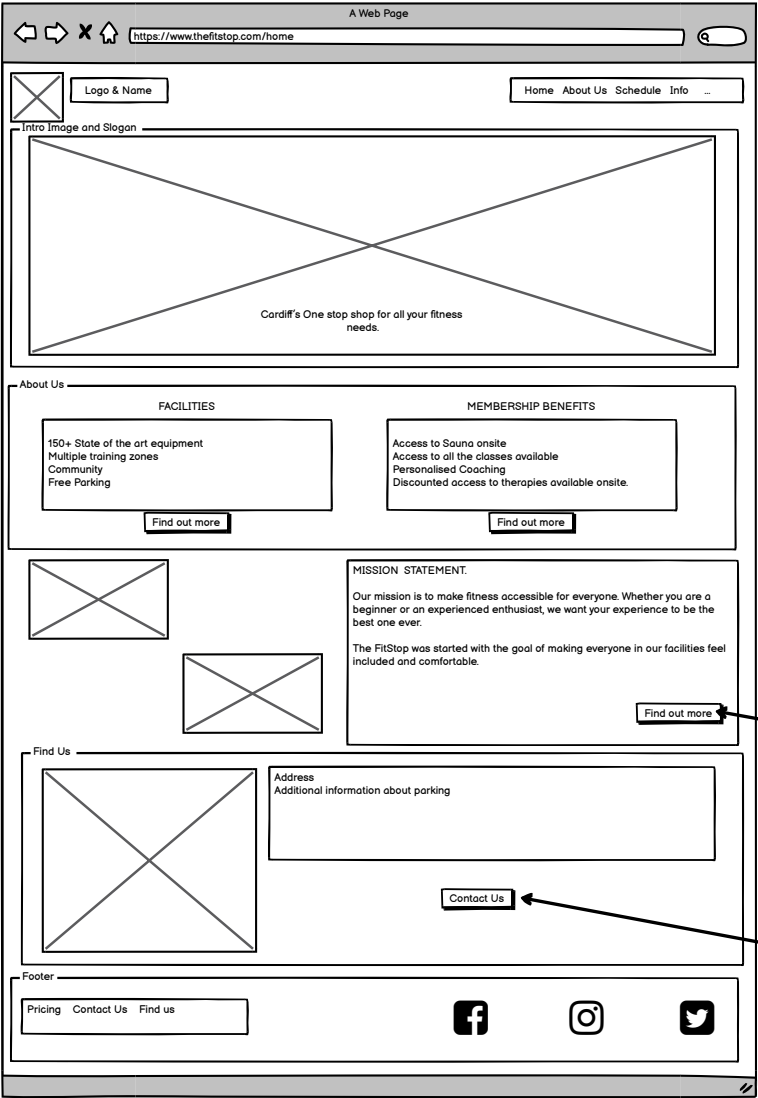
New Wireframe 1



Hamburger menu with Costs/Schedules/ Contact & Register/Sign In

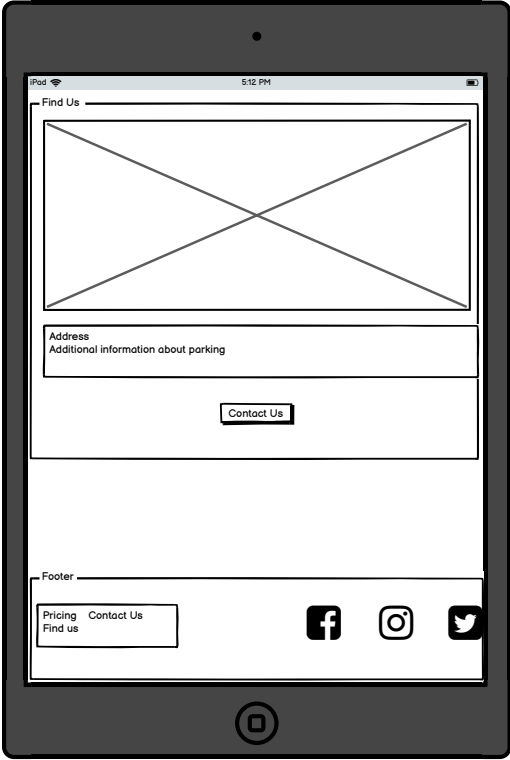
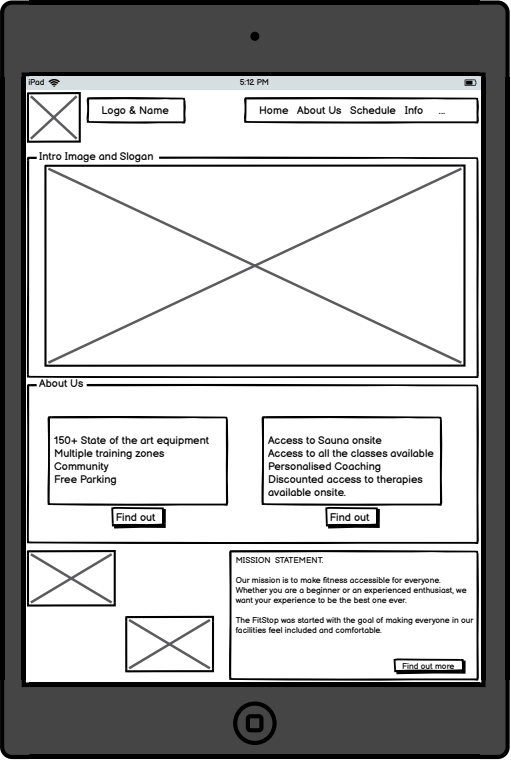


Homepage

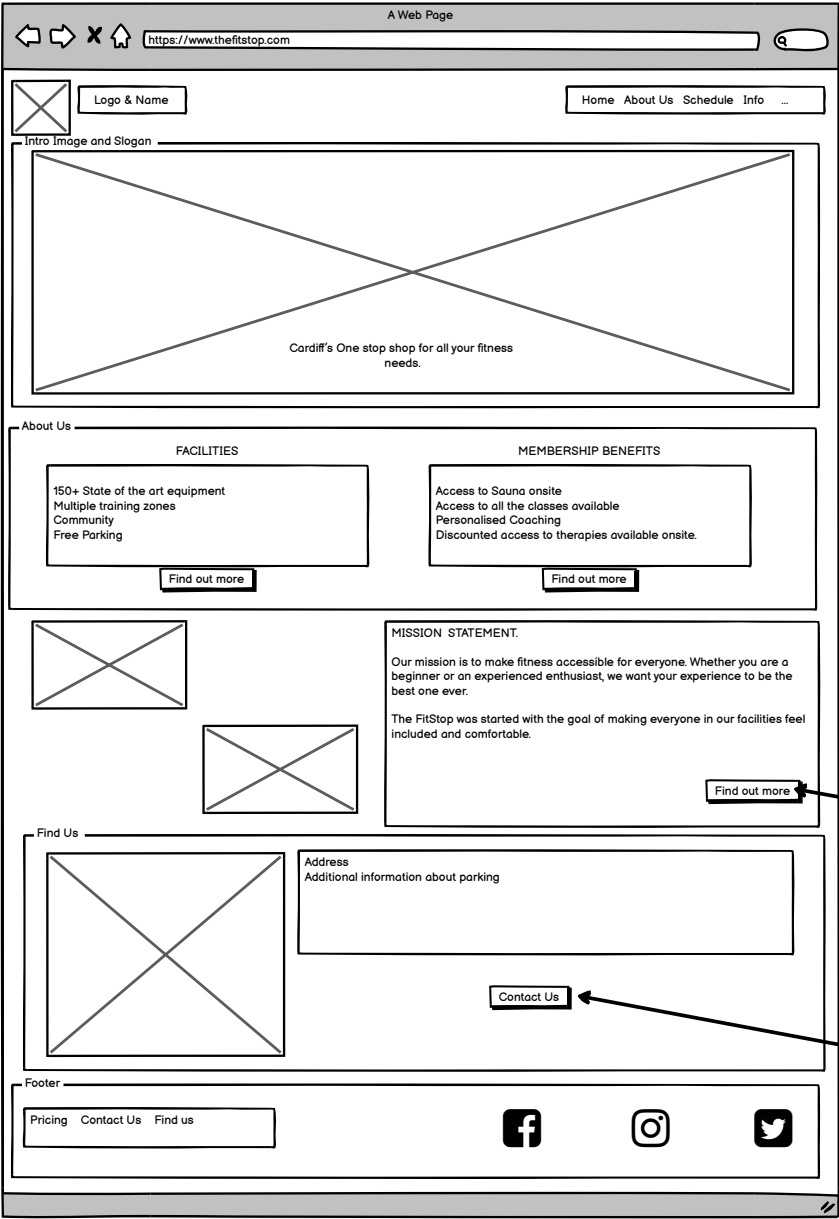


Link to About Us/ Page 2

Form with name, number and email to enquire about signing up.

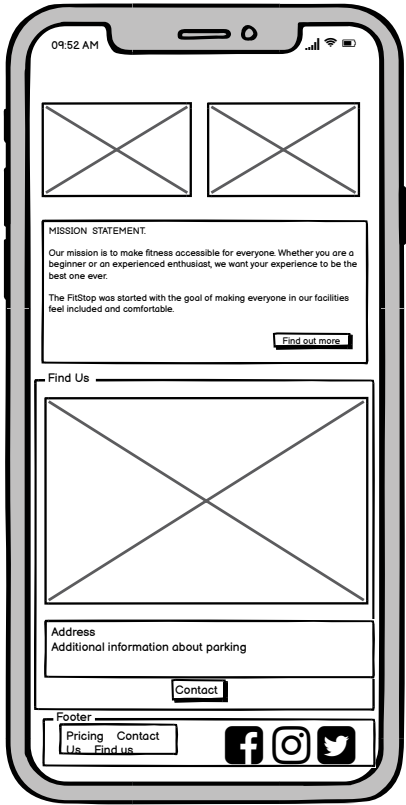
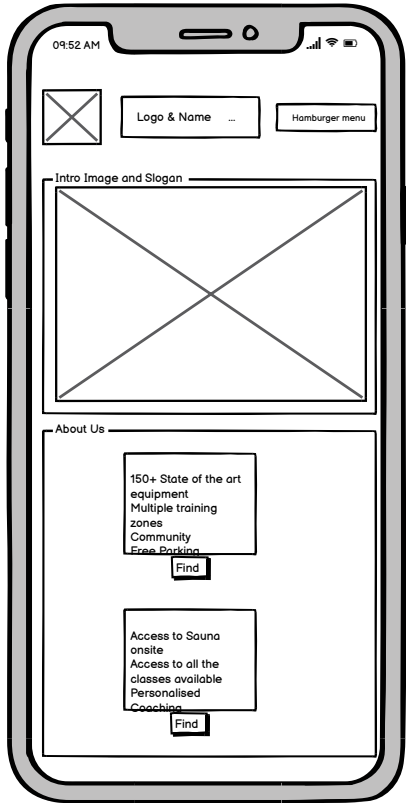


Homepage_mobile



Link to About Us/ Page 2

Form with name, number and email to enquire about signing up.



A Web Page

https://www.thefitstop.com/about

Logo & Name

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Image

About Us

Image of Founder

When I started my fitness journey I noticed the massive disparity with the various facilities I trained at. I observed that every gym I attended never met my needs fully and always had to b signed to more than one gym at a time.

With this mind The FitStop was started, in 2009 so that our clients could benefit from our variety of classes and facilities that we had to offer.

INDOOR TRAINING FACILITIES

- Brand new equipment
- Variety of competition standard equipment for powerlifter, weightlifter and cross fitters
- Regularly sanitised and

OUTDOOR TRAINING FACILITIES

- 100m Astro Turf
- Weatherproof racks and free space

Members Only Suana

- Included with the executive membership
- 30min bookable sessions
- Dry and Steam rooms available

Therapies

- Members have access to discounted rates with Our onsite physio, Chiro & massage therapist

Cafe

- Fresh and pre pared food available
- Nutrition with the athletes in mind
- Fast broadband

Open Work Space

- Appointment & Walk Ins available
- Soundproofed and free from distractions
- Bookable as a meeting room or individually.

Footer

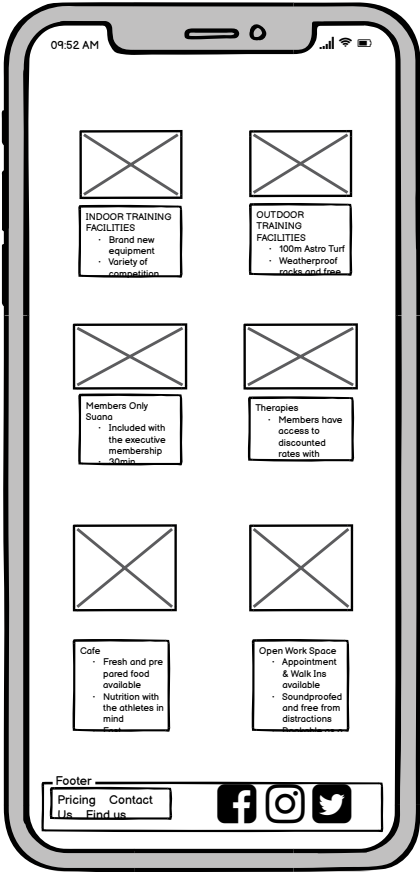
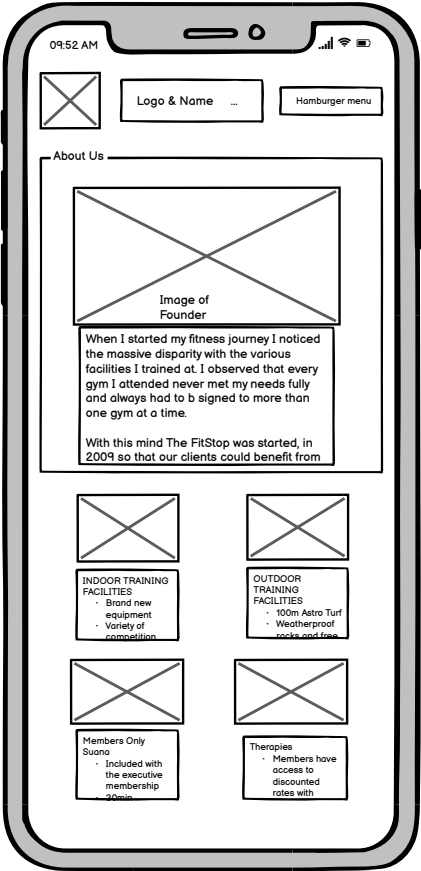
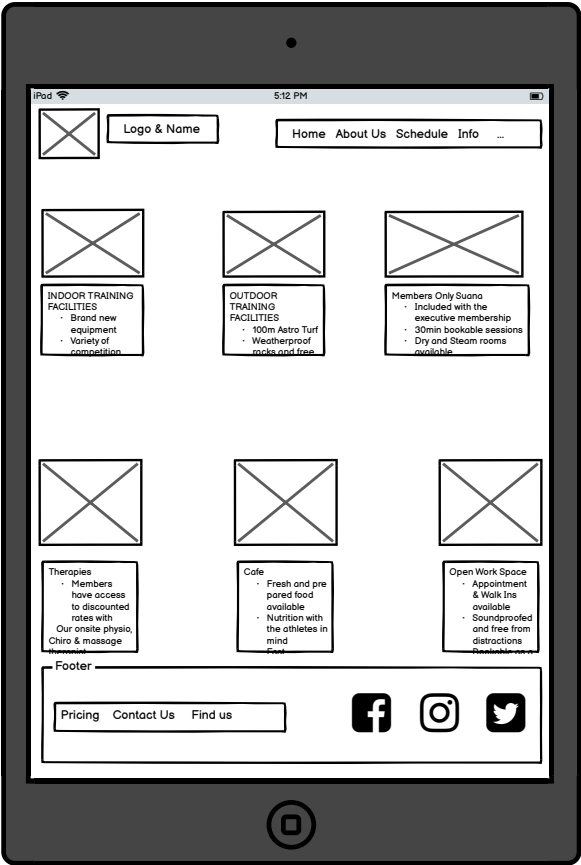
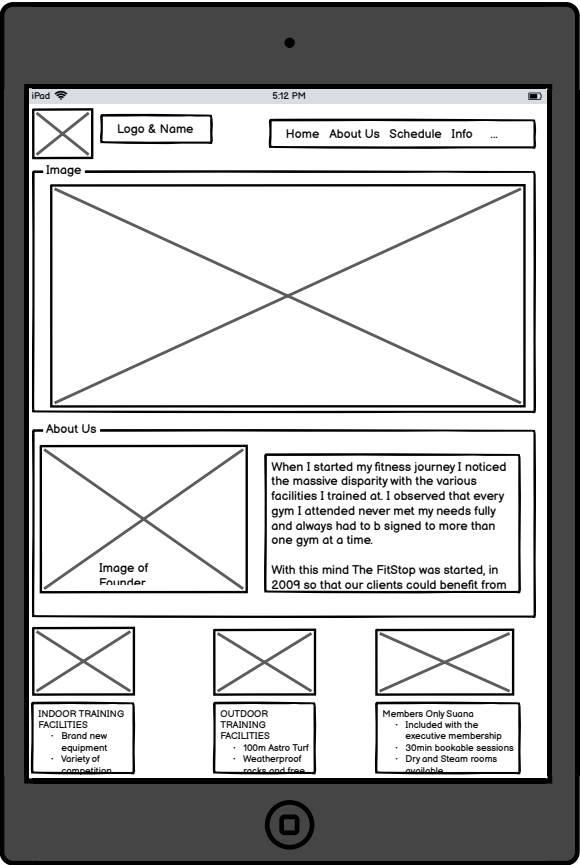
Pricing

Contact Us

Find us

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About_mobile



Schedule & Prices

A Web Page

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https://www.thefitstop.com/schedule

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Prices

Standard Membership

Executive Membership

Schedule

Class	Time	Day	Coach
Beginners Fundamentals	08:00 & 19:00	Every Mon Wed & Sat	Rosie Panes & Tom Rhys
Olympic Weightlifting	07:00	Every Mon & Wed	Penny Davies
Powerlifting	19:00	Every Tue & Thur	Jo Steele
HIIT	13:00	Tues Fri & Sun	Tom Rhys
Pilates	18:30	Tues & Sun	Rosie Panes
Metcon	19:00	Every Mon & Wed	Penny Davies
Yoga	09:00	Every Tue & Thur	Jo Steele
Boot Camp	10:00	Every Sat & Sun	Sam Stephens

Pay-as-you-go prices are 7.99 per session.

If you have a friend who is a member at the gym they are able to refer you for day pass (single use only) at the Price of 3.50.

Footer

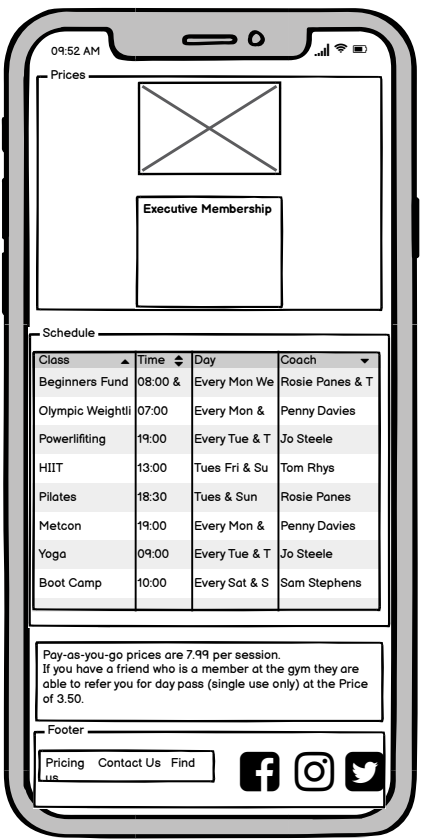
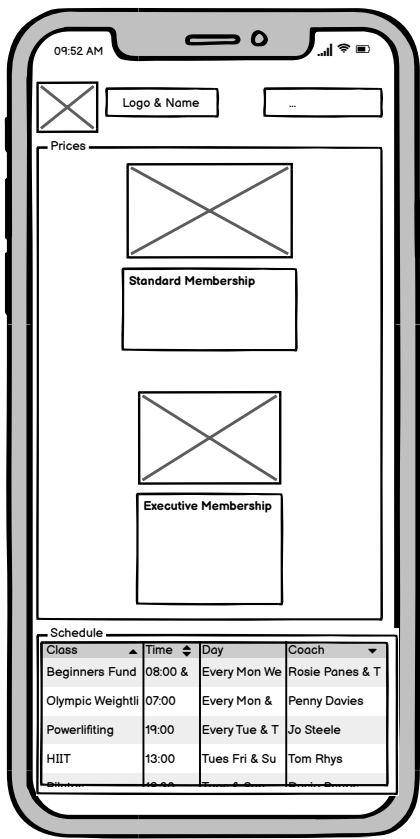
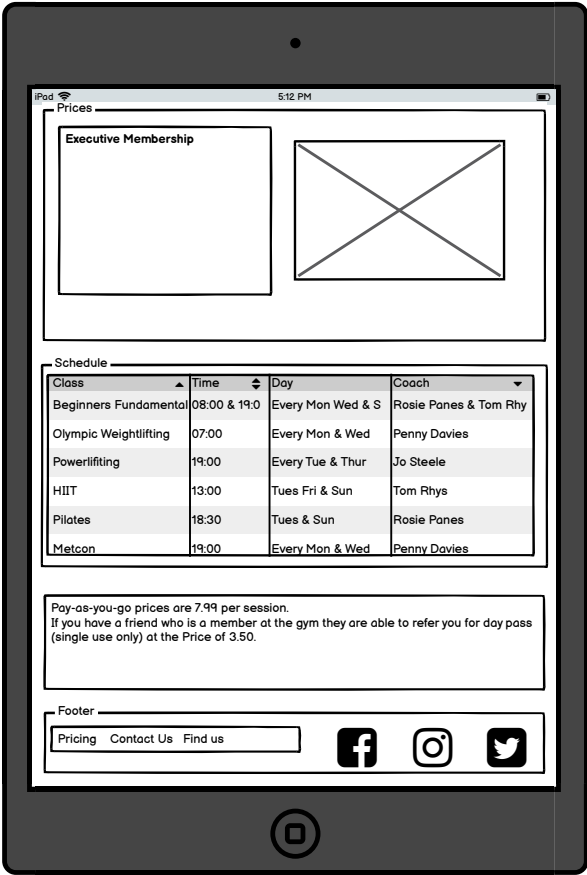
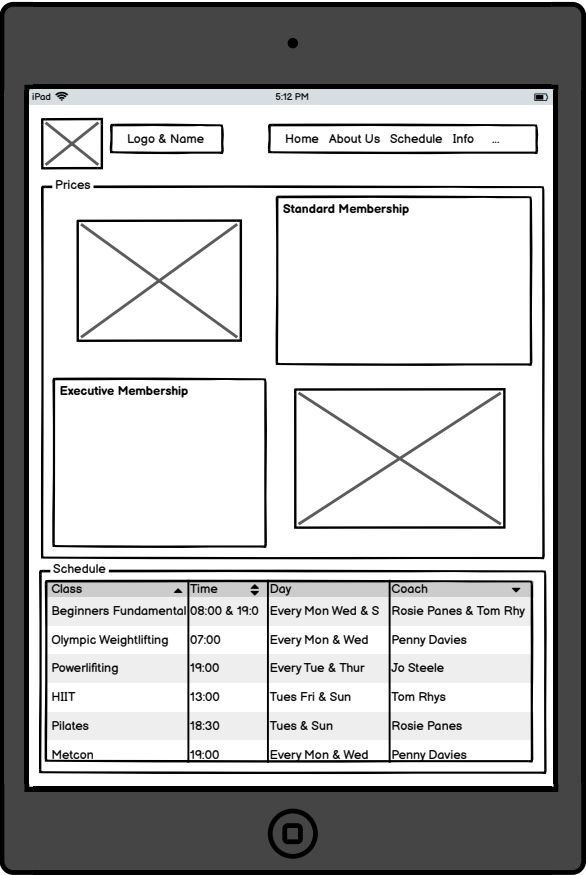
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A Web Page

https://www.thefitstop.com/team

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Meet the Team

Manager
Luka Jennings

Rosie Panes

Tommy Rhys

Sam Stephens

Penny Davies

Jo Steele

Therapies

Physiotherapy

Chiropractor

Massage

Footer

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Meet the Team & Services copy

