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BEST WELLNESS

**SUPER OFFER**

**€29/MONTH**

Right now you can get a gold membership  
for only €24/month

[Become a Member](#)

Become one of 23987 members

Start training from €26/month

With 272 clubs and almost 330,000 active members, we are one of Sweden's largest wellness chains. It gives us opportunities to constantly develop our gyms and to be at the forefront when it comes to training methods, equipment, staff and not least price. We will continue to be the people's best alternative in exercise and health - where everyone should feel at home.



CrossFit as a form of exercise revolves around natural movements. We do things that mimic the physical challenges our ancestors faced: sitting down and standing up, running, lifting, throwing, climbing, jumping, pushing and dragging. We have these movements in us naturally and they form the basis for the exercises that strive to master in CrossFit. There are as many versions of this form of training as there are trainers who teach it.



A personal trainer is there to help and support you in your training, so that you can perform better and reach your goals. Your coach is based on your conditions and needs. The program is tailored and you set goals and sub-goals together. Your coach is always with you during the session and peppers you so that you have more stamina!

**Opening hours:**

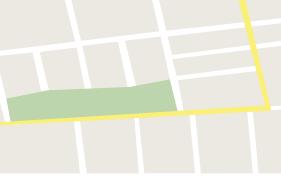
Monday-Friday 6am-22pm  
Saturday-Sunday 8am-21pm

**Address:**

Bestwellness  
Fitness Road 98  
3876 Fitnesstown

**Contact us:**

Phone: 555-3498  
Email: [contact@bestwellness.com](mailto:contact@bestwellness.com)



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**Train With Us**

What fun that you want to train with us!

Welcome to try out a week of FREE training!

Come in and test one of our clubs for a week. The trial training applies to any Nordic Wellness club once per person and year, during manned times. [read more here](#)

We at Best Wellness offer training in many different forms. With us you will find everything from Dance, Gymnastics, Flexibility, Cardio, Gym, Online training and much more. Our gyms are equipped with the latest tools / machines and several of our gyms have Crossfit boxes with a functional surface.

CrossFit as a form of exercise revolves around natural movements. We do things that mimic the physical challenges our ancestors faced: sitting down and standing up, running, lifting, throwing, climbing, jumping, pushing and dragging. We have these movements in us naturally and they form the base for the exercises that you can master in CrossFit. There are as many versions of this form of training as there are trainers who teach it.

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Our gyms are equipped with the very latest tools and machines to help you in your training. We want you to achieve results that can stimulate continuous exercise and good health!

**WEIGHT TRAINING**

Strength training has great benefits, it prevents as well as builds up optimal general health.

By strength training, you achieve good results, which hopefully stimulates continued continuous training.

With us, you have access to the latest machines and tools, which makes it possible for you to use your full potential.

World-class group training! In our wide range of group training forms, we dare to say that we have something for everyone.

Best Wellness instructors are licensed and certified and are up to date to deliver safe and effective training for all as a participant. We continuously create our own new training concepts and together with the world-leading group training company Les Mills have the vision to create unique experiences through group training that change how the world views exercise and health. Train with us and have fun in the meantime!

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**Address:**

Bestwellness  
Fitness Road #8  
3876 Fitnesstown

**Contact us:**

Phone: 555-3498  
Email: [contact@bestwellness.com](mailto:contact@bestwellness.com)

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**BEST WELLNESS**

**Here you will find the times  
Of all our classes**

Sunday Monday Tuesda Wednes Thursd Friday Saturda

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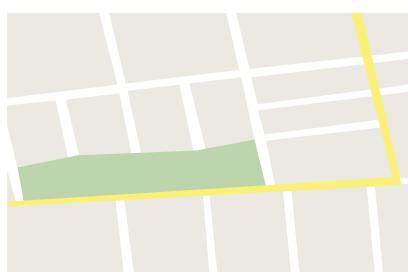
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## BEST WELLNESS



### Price list - Memberships

lakjsdf	€26 per month
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lakjsdf	€29 per month
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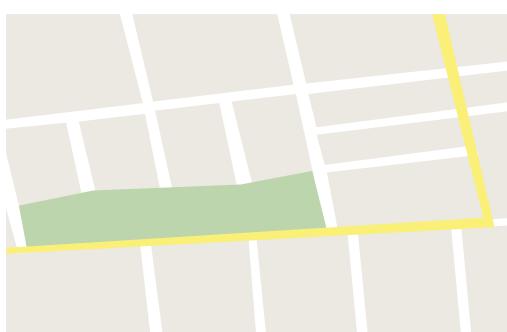
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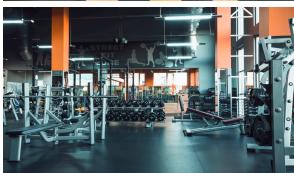


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