



Just Slim



Terms & Conditions

Just Slim is a rolling contract for a minimum of 3 months. It will continue until cancelled in writing.(email members@sportscentre.org.uk)

There is no maximum term for Just Slim. You can continue to receive advice and have food diaries checked to maintain weight loss for as long as you want to.

Just Slim is available to Premier and Just Gym members (minimum age 16 years).

There is a £10 joining fee payable when joining, and a £10 monthly charge which will be taken on your existing membership direct debit payment.

Sports Centre

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Registered Charity 301731



Exercise and Weight Loss programme

What is **Just Slim**

The exercise & weight loss programme to help you achieve your weight loss goals. We provide:

- Initial one to one consultation to establish goals.
- A 1 to 1 programme with our qualified fitness instructors.
- Weekly drop-in sessions to check food diaries & have a weigh in.
- Four weekly reviews.
- Tips & information on training & healthy eating.
- Group workouts (weekdays only) and much more.

Why **Just Slim**

If you are looking for the support & expertise of a weight loss group as well as the exercise programme and fitness knowledge, then Just Slim is for you.

You are able to access the knowledge of our fitness experts whenever you want to, just pop into the gym with your question & we will endeavour to help.

The only way to lose weight safely & healthily is through diet & exercise and we provide both on Just Slim.

How It Works

This programme is intended to help you reach your weight-loss goals and improve your diet and lifestyle choices. Our qualified fitness instructors will guide you through the 12-week weight loss challenge.

Joining **Just Slim**

All existing Premier or Just Gym members can opt into this programme at any time for an extra £10.00 per month.

If you are not a member just sign up on our Premier or Just Gym packages and opt to add on Just Slim.

Contact a customer advisor on 012526 302242 or email sales@sportscentre.org.uk for more information.