



UNLOCK THE SECRET
TO A LONGER,
HEALTHIER LIFE.

THE F.I.T PARTNERSHIP

www.thefitpartnership.co.uk



WELCOME TO THE F.I.T PARTNERSHIP

We are excited to be part of your health, wellness and longevity journey.

We are passionate about helping you live a healthier, longer life!

Let's get started!



WHO ARE WE?

We are a health studio focusing on longevity and wellbeing, both physically and mentally. Science shows us our muscle mass, cell health and hormone levels decrease after the age of 25-30 years old.

We look to help reverse these processes on the body with our state of the art technology, letting you feel better than ever, allowing you to feel younger for longer and enjoy life to the full.



IT'S NOT ALL ABOUT WHAT HAPPENS INSIDE THE STUDIO

We run member events and challenges throughout the year to help build strong relationships and a community amongst our team and members.

In December the team, together with members took on the Grim Challenge - everyone crossed the finish line, supporting each other along the way!



WHY WE HAVE SO MUCH SUCCESS?

1. Motivation
2. Personalised programmes for all goals and needs
3. The most up-to-date and advanced tech in the UK, allowing us to maximise gains in the shortest time possible.

WHY OUR CLIENTS COME TO US

- ACCOUNTABILITY/ MOTIVATION/ CONSISTENCY
- INFLAMMATION REDUCTION
- CORTISOL-DOWN (STRESS HORMONE)
- IMPROVED SLEEP
- OPTIMISED BODY-COMPOSITION
- FEEL AMAZING
- LONGEVITY
- ACCESS TO THE LATEST TECHNOLOGY



MEMBERSHIP PLANS

RECOVERY

UNLIMITED ACCESS TO:

CRYOTHERAPY

INFRARED SAUNA

*NEW RED LIGHT THERAPY
BOOTH

OUR NORMATEC LYMPHATIC

RECOVERY LEGGINGS

OUR LED FACE MASK

EXCLUSIVE MEMBER EVENTS

PLUS ACCESS TO PARTNER &

PRODUCT DISCOUNTS

HALF PRICE 6 WEEK INTRO
TO NUTRITION PROGRAMME

£295 MONTHLY

£250 PER PERSON FOR
DUO MEMBERSHIPS
+ JOINING FEE £150

LONGEVITY

UNLIMITED ACCESS TO:

ALL THAT IS COVERED IN THE
RECOVERY MEMBERSHIP

PLUS:

VASPER

CAROL BIKE

BALKAN STRENGTH

INTRO TO

NUTRITION PROGRAMME

BODY SCANS

OMNOS WELLNESS KIT

GLUCOSE MONITOR

FULL ANYTIME FITNESS

ACCESS TO A DISCOUNTED

MEMBERSHIP*

£495 MONTHLY

£450 PER PERSON FOR
DUO MEMBERSHIPS
+ JOINING FEE £150

*ANYTIME FITNESS
MEMBERSHIP IS AN ADD-ON

CREDIT PACKS

OUR CREDIT PACKS ARE
NOW EVEN BETTER VALUE
THAN THEY WERE BEFORE.

**ALL CREDITS INCLUDE
CRYOTHERAPY + ANY OF
OUR IN STUDIO SERVICES.**

CHOOSE FROM :

10 CREDIT PACK =£695
(VALID FOR 3 MONTHS)

OR

20 CREDIT PACK = £995
(VALID FOR 6 MONTHS)

£695 /£995

OUR RECOVERY & LONGEVITY MEMBERSHIP PACKS: 1 MONTH TASTER PERIOD, 12 MONTH COMMITMENT TO YOUR HEALTH FROM THERE. A MEMBERSHIP FOR LIFE. NO FREEZE PERIODS - THIS IS AN ANNUAL MEMBERSHIP - IF YOU TRAVEL MORE THAN 2 MONTHS A YEAR PLEASE LOOK TOWARDS OUR STANDARD MONTHLY ALTERNATIVE (RECOVERY £450/LONGEVITY £795).



FACILITIES

RED LIGHT THERAPY BOOTH

REDUCE STRESS MARKS,
WRINKLES, FINE LINES AND
AGE/SUN SPOTS
IMPROVE SKIN CONDITIONS SUCH
AS ACNE, PSORIASIS, ROSACEA &
ECZEMA
ENCOURAGE HAIR GROWTH
(ALOPECIA)
RELIEVE PAIN AND INFLAMMATION

CRYOTHERAPY CHAMBER

BOOST METABOLISM & ENERGY
REDUCE PAIN & INFLAMMATION
MOOD ENHANCEMENT
IMPROVE SLEEP /REDUCE STRESS
IMPROVE SKIN COLLAGEN
PRODUCTION & SKIN CONDITIONS
ANTI AGING
BOOST IMMUNITY
AIDS RHEUMATOID ARTHRITIS

INFRARED SAUNA

IMPROVED ATHLETIC
PERFORMANCE, JOINT HEALTH,
CARDIOVASCULAR HEALTH

BOOST IMMUNITY, AIDS
DETOXIFICATION, MENTAL HEALTH,
NEUROLOGICAL HEALTH

BETTER SKIN HEALTH AND SLEEP
QUALITY.

VASPER

HIIT TRAINING - 2 HOUR WORK
OUT IN JUST 21 MINUTES

COMPRESSION & COOLING -
ANAEROBIC WORK OUT
GREAT FOR INJURY REHAB
LOW IMPACT WORK OUT
IMPROVED ENERGY & MOOD
REDUCED DELAYED ONSET MUSCLE
SORENESS POST WORK OUT

BALKAN STRENGTH MACHINE

INCREASED MUSCLE MASS &
BONE DENSITY
REDUCED INJURY RISK
LESS TIME SPENT IN THE GYM.
MAXIMAL RESISTANCE IN ALL
MOVEMENTS, ECCENTRIC,
CONCENTRIC & ISOMETRIC.
CAN LEAD TO AN IMPROVED BODY
COMPOSITION.

CAROL BIKE

NEW IN FOR 2024 CAROLS AI
LEARNS ABOUT YOU AND HOW
TO ADAPT YOUR WORK OUT

MAXIMUM METABOLISM
DEPLETES MUSCLE GLYCOGEN
IMPROVES AEROBIC CAPACITY
IMPROVE HEART HEALTH
HIIT WORK OUT - SHORT WORK
OUTS SAVING YOU TIME

PLUS ADDITIONAL SERVICES

NORMATEC 3 LYMPHATIC RECOVERY LEGGINGS

LED FACE MASK

BODY SCANS

MEMBER EVENTS

DISCOUNTED PARTNER OFFERS AND PRODUCTS

DISCOUNTED ANYTIME FITNESS WIMBLEDON MEMBERSHIP



NUTRITION

INTRO TO NUTRITION PROGRAMME AVAILABLE TO ALL MEMBERS

EVERY MEMBER HAS ACCESS TO THE 'INTRODUCTION TO NUTRITION' PROGRAMME OFFERED BY OUR PARTNER, FUNCTIONAL NUTRITION CONSULTANT, JOEY LEEK FROM THE FUNCTIONAL EDITION.

THE PROGRAMME IS SIX WEEKS AND AIMS TO GIVE YOU THE TOOLS TO BETTER UNDERSTAND NUTRITION AND BUILD LIFELONG HABITS FOR LONGEVITY AND HEALTH OPTIMISATION.

INTRO TO NUTRITION PROGRAMME IS INCLUDED IN THE PRICE FOR ALL INCLUSIVE MEMBERS. RECOVERY & EXISTING MEMBERS CAN PURCHASE THE PROGRAMME FOR HALF PRICE (JUST £75).



WHAT YOU CAN EXPECT WHEN BECOMING A MEMBER OF THE F.I.T PARTNERSHIP



✓ A Tailored Health & Fitness Plan

When you join, we'll invite you for a one on one consultation with a member of our team - you'll receive a free body scan, blood pressure check and a health/fitness assessment. We'll then create a plan to help you reach your goals!



✓ Partner Discounts

All our members will have access to our partner discounts, new members will also qualify for 10% off selected products available to purchase in the studio. We're looking to grow and add new brands and local partners as we continue into 2024!



✓ Free Products

When you join you'll receive a welcome pack with a selection of samples and helpful hints from our partners and team.



Join our community
Follow us on



@thefitpartnership

Welcome to The
F.I.T Partnership

Max

CEO & Founder

max@thefitpartnership.co.uk
www.thefitpartnership.co.uk



SCAN THE CODE
TO DOWNLOAD
OUR FIT APP