

Get fit and healthy your way

Everyone's route to better health and fitness is different. Our PHC multi-gym offers make it easier to find the fitness and wellbeing deals that work for you, so you can get fit and healthy your way.



Find your feel good wherever you are

With our flexible offers you're not tied down to just one gym. So, whether you need to relax in a spa, have a swim, or try a workout in a different venue, you can switch it up and choose the places and spaces that suit you to stay motivated. So it's even easier to feel good about yourself.



Your multi-gym offers include:

- ✓ Discounted memberships.
- ✓ No annual contracts.
- ✓ No cancellation fees.
- ✓ Try different activities and gyms.
- ✓ Get fit and healthy your way.



Dive into wellness at Nuffield Health

There's something for everyone with individual monthly membership at Nuffield Health Fitness and Wellbeing Centres.

- ✓ Access to many of the 114 centres nationwide.
- ✓ State-of-the-art gym floors.
- ✓ 100s of group exercise classes.
- ✓ Swimming pools and spa facilities.¹
- ✓ Beauty suites at some venues.²

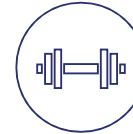
Discover a happier, healthier you, with:

40% off monthly individual memberships for PHC lead members on your business healthcare plan.³

20% off if you're not covered by your company healthcare plan.³

20% off for your partner or spouse also covered on your PHC Health plan.³

Why not get started with a **seven-day free trial?**⁶



Get fit your way with a Hussle Monthly+ pass

Hussle helps you find a way to feel good that works for you and your lifestyle, without being tied down to one gym or routine. Your six-month pass gives you access to over 2,000 gyms, spas and pools around the UK (depending on your primary gym you choose).⁴

- ✓ Gyms, spas and pools across the UK's largest network.⁴
- ✓ Online fitness including LES MILLS+ and Yogaia.
- ✓ Monthly membership.⁵

Find wellness your way, with:

40% off for PHC members.⁶

33% if you're not covered by a company PHC Health plan.⁶

To claim your PHC multi-gym membership offers, visit [here](#) please.

¹ Nuffield Health Battersea Fitness and Wellbeing Centre doesn't have a swimming pool. ² Not all facilities are available at all centres. Beauty and spa treatments are not included in membership. Extra charges apply. ³ Discount applies to Nuffield Health Fitness and Wellbeing Centre monthly individual membership only. You must provide proof of membership and/or employer. The spouse or partner must join at same time or after to be eligible. You must be 18 years old or older. As a member you will gain access to your home club (the one you select on joining) as well as many more clubs around the country, these depend on your home club. You must use your home site at least 50% of the time. The joining fee is £35 as at 1/12/2021 and may be subject to change by Nuffield Health. Existing members of Nuffield Health who transfer using the 40% PHC discount will incur a £35 administration fee charged by Nuffield Health. ⁴ Venues available depend on the primary gym you choose. ⁵ You commit to a three-month minimum membership to get the discount, after which you can pause or cancel your membership at any time without charge. ⁶ 40% off the purchase of a Hussle Monthly+ pass for six months is available only to members on an PHC healthcare scheme. A partner or spouse and direct dependants included on their healthcare scheme can also get 40% off the purchase of a Hussle Monthly+ pass for six months. 33% off a Hussle Monthly+ pass is available to employees of PHC private healthcare clients not covered by a company healthcare scheme. You must provide proof of employer. Age restrictions may apply. For terms and conditions, go to <https://www.thephc.co.uk/phc-member-area/gym-discount>.