

Fitness Offers

Get fit and healthy your way. With up to 40% off flexible gym memberships.

Everyone's route to better health and fitness is different.

With our latest gym offers, you're not tied down to one venue. There's even an online-only fitness option, giving you the flexibility to look after your health and wellbeing in the way that works for you.

It's never been simpler to stay fit and healthy in mind and body:

- ✓ Discounted memberships
- ✓ No cancellation charges
- ✓ Different activities and gyms
- ✓ In-person and online options

Up to 40% off at Hussle Monthly+ pass

Up to 40% off at Nuffield Health

40% off online Nuffield Health 24/7 classes

To redeem, go to

thephc.co.uk/gym-discount/



Flex your routine with **Hussle multi-gym**

- ✓ **40% off** a Hussle Monthly+ pass for you and anyone covered on a PHC plan, including partner, spouse and dependants.
- ✓ **33% off** for you if you're not covered by your company healthcare plan with PHC.
- ✓ **No annual contract** (three months minimum membership required)
 - ✓ Gyms, pools, and spas at home or nationwide¹
 - ✓ Online fitness classes, including Yogaia



Dive into wellness at **Nuffield Health**

- ✓ **40% off** monthly individual memberships² for you and anyone covered on a PHC plan, including partner, spouse and dependants.
- ✓ **20% off** for employees and their partner/spouse if they are not covered by a PHC plan.
- ✓ 112 centres nationwide
- ✓ Multi-gym access
- ✓ 24/7 online fitness classes
- ✓ Pool and spas in selected gyms
- ✓ Free seven-day trial
- ✓ A joining fee of £39 applies³
- ✓ Online sign-up option available.
- ✓ 'Personal Best' 12-week programme with each new Nuffield Health gym membership, to help you improve the way you eat, sleep and move.



Never miss a workout with **Nuffield Health's 24/7 online gym membership**

- ✓ **£4.19 a month**⁴ normally £6.99 per month without 40% discount.
- ✓ **Discount available** for your partner/spouse too.
 - ✓ Over 650+ classes including mental health support and more
 - ✓ New classes added every month
 - ✓ Search by workout duration or intensity
 - ✓ Rehab classes designed by advance level physiotherapists
 - ✓ No joining fee

For full terms, see axahealth.co.uk/terms/gym-discount. 1. Available venues depend on the primary gym you choose and you need to be 16 or over. 2. As a member, you can access 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 club at least 50% of the time. Spouses/partners and/or dependants are included if they are named on your current PHC private healthcare plan. They need to be 18 or over. 3. A transfer fee of £39 will apply if you move from a current Nuffield Health membership to this offer. There's no transfer fee if you are a new Nuffield Health member and are taking advantage of this offer. 4. Available to you as an employee with or without PHC membership and the discount is available to your partner/spouse too. This promotion is issued by PHC. PHC is a trading name of The Permanent Health Company Limited which is authorised and regulated by the Financial Conduct Authority under reference 310293. Registered Office: 20 Gracechurch Street, London EC3V 0BG. Registered in England and Wales No. 2933772. Write to us at The PHC, 32 Church Street, Rickmansworth, Hertfordshire, WD3 1DJ. T. 01923 770 000. PB114347/04.24.