



2025

CORPORATE MEMBERSHIP



Membership Benefits

Contact

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Promoting Employee Health and Wellness

In today's fast-paced world, the importance of employee well-being cannot be overstated. Recognising this, here at NR12 Fitness Gym & Studio Ltd, we offer a Corporate Membership* programme that prioritises the health and wellness of employees. With a wide range of fitness facilities, exclusive benefits, and a supportive community, NR12 Fitness Corporate Membership is the ultimate solution for companies seeking to enhance employee wellness.

Modern Boutique Gym

NR12 Fitness Corporate Membership provides employees with access to our modern boutique gym that caters to all fitness levels and preferences. From our newly extended, well-equipped gym, to our group exercise and indoor cycling/dance studio, employees have the resources they need to engage in a wide range of workouts that promote physical fitness and overall well-being.

Expert-Led Group Exercise Classes

One of the standout features of NR12 Fitness is our diverse selection of group exercise classes, and our Corporate Gold Membership gives employees unlimited access to these invigorating sessions. From high-energy cardio classes to calming pilates practices and everything in between, employees can participate in classes led by experienced instructors who provide motivation, guidance, and a sense of community.

Corporate Events and Team-Building Opportunities**

NR12 Fitness Corporate Membership goes beyond individual benefits by offering corporate events and team-building opportunities. These events provide companies with the chance to organise fitness challenges, team competitions, and wellness workshops specifically tailored to their employees' needs. Such events not only promote employee camaraderie but also boost morale and create a positive corporate culture.



Membership Benefits

Building a Supportive Workplace Community

Encouraging Employee Connections

NR12 Fitness Corporate Membership provides an avenue for employees to connect with colleagues who share similar wellness goals. Engaging in fitness activities together creates a sense of camaraderie, encourages teamwork, and strengthens relationships within the workplace. The shared experience of pursuing health and wellness fosters a supportive community that extends beyond the office.

Improving Employee Engagement and Productivity

Investing in employee wellness through Corporate Membership can significantly impact engagement and productivity levels. Regular exercise has been linked to increased energy levels, improved mental clarity, and enhanced focus—all of which contribute to heightened productivity and job satisfaction. By prioritising employee well-being, companies create an environment where employees feel valued and supported, leading to improved overall performance.

Empowering Long-Term Lifestyle Changes

NR12 Fitness Corporate Membership is not just about short-term fitness goals; it's about empowering employees to adopt healthier lifestyles. With access to a range of fitness facilities and expert-led classes, employees can develop sustainable habits that extend beyond the duration of their membership. By making employee wellness a priority, companies lay the foundation for long-term positive changes in the lives of their employees.

NR12 Fitness Corporate Membership offers companies a comprehensive solution for promoting employee health and wellness. With our newly extended, modern gym, expert-led group exercise classes, exclusive benefits, and a supportive workplace community, this membership option empowers companies to create a healthy and thriving work environment. By investing in employee well-being, companies can boost engagement, productivity, and job satisfaction. Embrace the power of NR12 Fitness Corporate Membership and elevate your workplace wellness to new heights.

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Corporate Discount

Terms & Conditions

*Corporate Membership are available to medium to large-sized Norfolk companies (minimum of 50 employees) plus employees of the NHS, Military and Emergency Services

Applicable Memberships

GOLD - The Ultimate Gym Experience

Providing our most comprehensive and enriching gym experience. The perfect choice for class-lovers and unrestricted access to our facilities.

Benefits:

- Unlimited Classes
- Full, Anytime Gym Access
- No Restrictions

SILVER - Flexibility with Full Gym Access

Ultimate flexibility and convenience with full gym-only access. The ideal choice for employees who prefer to focus on their individual workouts rather than group classes.

Benefits:

- Full Gym Access
- Ultimate Flexibility
- Exceptional Gym-Only Value

Contact

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