



Welcome to The Performance Zone! We are a small independently run gym/personal training studio located in the heart of Southwater. Overleaf you will find details for our timetable, membership options and 6 week trial.

Open Gym



Personal Training



Group Training



Dance Fitness



Physiotherapy



Sports Massage



The Performance Zone Studio Timetable							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 – 07:00	Open Gym 6.00 to 7.00	Open Gym 6.00 to 7.00	Open Gym 6.00 to 7.00	Open Gym 6.00 to 7.00	Open Gym 6.00 to 7.00		CLOSED
07:00 – 07:45	GPT - STRENGTH	GPT - SWEAT	GPT - STRENGTH	GPT - HYBRID	GPT - STRENGTH	GPT - HYBRID	
07:45 to 12:00	Open Gym 7.45 to 12.00	Open Gym 7.45 to 12.00	Open Gym 7.45 to 12.00	Open Gym 7.45 to 12.00	Open Gym 7.45 to 12.00	Open Gym 7.45 to 12.00	
12:00 – 12:45	GPT - SWEAT	GPT - STRENGTH	GPT - HYBRID	GPT - SWEAT	GPT - STRENGTH	GPT – STRENGTH	
12:45 to 19:00	Open Gym 12.45 to 19.00	Open Gym 12.45 to 19.00	Open Gym 12.45 to 19.00	Open Gym 12.45 to 19.00	Open Gym 12.45 to 19.00	Open Gym 12.45 to 16.30	
19:00 – 19:45	GPT – STRENGTH	GPT - HYBRID	GPT – BOX/SWEAT	GPT - STRENGTH	GPT – SWEAT		
19:45 – 21:00							

CLOSED

Membership Options 2026/2027

	PRICE PCM	OPEN GYM	CLASSES	GROUP PT (GPT)
Bronze (Open Gym)	£34.99	Unlimited	N/A	N/A
Silver (Open Gym, Class and GPT)	£49.99	Unlimited	Unlimited	8PCM
Gold (Open Gym, Class and GPT)	£69.99	Unlimited	Unlimited	12PCM
Platinum (Open Gym, Class and GPT)	£89.99	Unlimited	Unlimited	Unlimited

6 Week Trial Options

6 Week Group Fitness Trial (£59.99)

Unlimited Open Gym

Unlimited Classes

Unlimited Group Personal Training

6 Weeks Group Fitness + 3 PT (£159.99)

3 x 1-on-1 Personal Training Sessions

Unlimited Open Gym

Unlimited Classes

Unlimited Group Personal Training

6 Weeks Group Fitness + 6 PT (£249.99)

6 x 1-on-1 Personal Training Sessions

Unlimited Open Gym

Unlimited Classes

Unlimited Group Personal Training

1-on-1 Personal Training

If you want more tailored training or have more specific goals, we have a variety of trainers and packages to suit your needs. From sports performance to pre and post natal, we have a trainer to suit whatever goals you are looking to achieve.

Our 6 week kickstarter pack is the perfect place to start, with 6 x 1-on-1 hours sessions and 6 weeks of open gym for just a one off fee of £249.99. After this we have a range of packages and memberships available.



the Performancezone
FITNESS AND REHABILITATION STUDIO

DAISY PLEDGER PT

Pre and Post Natal Specialist
Weight Loss and Toning
Strength Training

ONE OFF FEE WITH NO COMMITMENT

ONLY £249.99



the Performancezone
FITNESS AND REHABILITATION STUDIO

MATT NAYLOR PT

Sports Rehab / Sport Specific
Mobility and Flexibility
Functional Training
Injury Management

ONE OFF FEE WITH NO COMMITMENT

ONLY £249.99



the Performancezone
FITNESS AND REHABILITATION STUDIO

GABY BROOKWELL PT

Weight Management and Toning
Women's Health
Flexibility and Mobility
Exercise Referral

ONE OFF FEE WITH NO COMMITMENT

ONLY £249.99

The Movement Mechanics Sports Injury Clinic

Jack and Nicola are both qualified therapists working with a range of sports and overuse injuries. They manage our clinic that operates out of the gym. They offer physiotherapy, sports therapy, sports massage and exercise therapy.

The full details and booking link can be found on our website.

