



TRAIN ON THE PARK, BEFORE OR AFTER WORK.

Sanctuary Fitness is a private coached gym at Spectrum House, 1A North Avenue, on Clydebank Business Park. Anyone who works on the park pays £185 for the 8-Week Package instead of £205.

WHAT A STAFF PLACE IS

- Every coached class on the timetable for eight weeks. Classes are 50 minutes and capped at 25 people.
- Small-group Personal Training slots through the week.
- A nutrition plan written at the consult, not a printout.
- Weighed and measured in week one and week eight, so the result is a number.
- £185 a place. One payment, no contract, no joining fee, no membership underneath it.

WHEN THE SESSIONS ARE

Before work	6am classes Tuesday, Wednesday and Friday
After work	5:40pm classes Monday to Wednesday
Saturday	9am Sanctuary Total Body

There is no lunchtime class. If a team wants a time that is not on the timetable, ask and I will tell you straight whether it can be run.

HOW A COMPANY DOES IT

- Send this sheet to whoever handles wellbeing, and copy me in.
- Tell me a rough headcount. Every place is £185 whether the company pays or the person does.
- Everyone starts with a free ten-minute consult. Nothing is paid before that.
- Next block: Monday the 4th of January 2027. Places go by class size.
- Email sanctuary@clydebankpt.com or WhatsApp 07376 941421.
clydebankpt.com/clydebank-business-park-staff