



ECE FITNESS

EFFORT CHANGES EVERYTHING

16/04/2023

PROGRAMMING & MEMBERSHIP PACKAGES

Introducing Myself

Hello Current Athletes & Potential Members,

I'm Paul (A.K.A Big Mac to those of you who don't know me) co-owner & founder of ECE Fitness. My business partner, Jane & I would like to take this opportunity to thank you for being a member of our gym or to hopefully welcome you as an ECE Athlete in the near future.

A bit about me.

From a young age I have been driven by sports. I was fortunate enough to have enjoyed a short professional career in rugby union with both Sale Sharks & England RFU before injuries ended my aspiration of a full time career.

I instead pursued a career in medicine and currently practice as a GP. My interest lies in how exercise & sport can be used as an alternative to medications to treat musculoskeletal, metabolic and mental health conditions.

After some research, I decided to engage in Functional Fitness to promote life-long fitness for everyday activities. I started my "fitness" journey in 2016 whilst working in Edinburgh before returning home to Warrington.

I was then introduced to a gym by my sister, "The Agoge LST". I instantly fell in love with the community & culture which surrounded it. As such, when news broke that the Agoge was to close, I felt compelled to do what I could to keep the shutter up, doors open and provide a new & improved gym to build on the foundations created by Coaches Josh Summersgill & Philip Leonard.

Hopefully you'll love what we have created and we are glad you've decided to be part of our community!

Inside this newsletter:

INTRODUCING MYSELF
INTRODUCING ECE
THE PROGRAMMING
THE TIMETABLE
OUR MEMBERSHIPS

How to contact:

EMAIL

INFO@ECEFITNESS.CO.UK

INSTAGRAM

EFFORT_CHANGES_EVERYTHING



Introducing ECE Fitness

At ECE Fitness we aim to create a welcoming environment where members are able to achieve their individual fitness goals while feeling part of a supportive community.

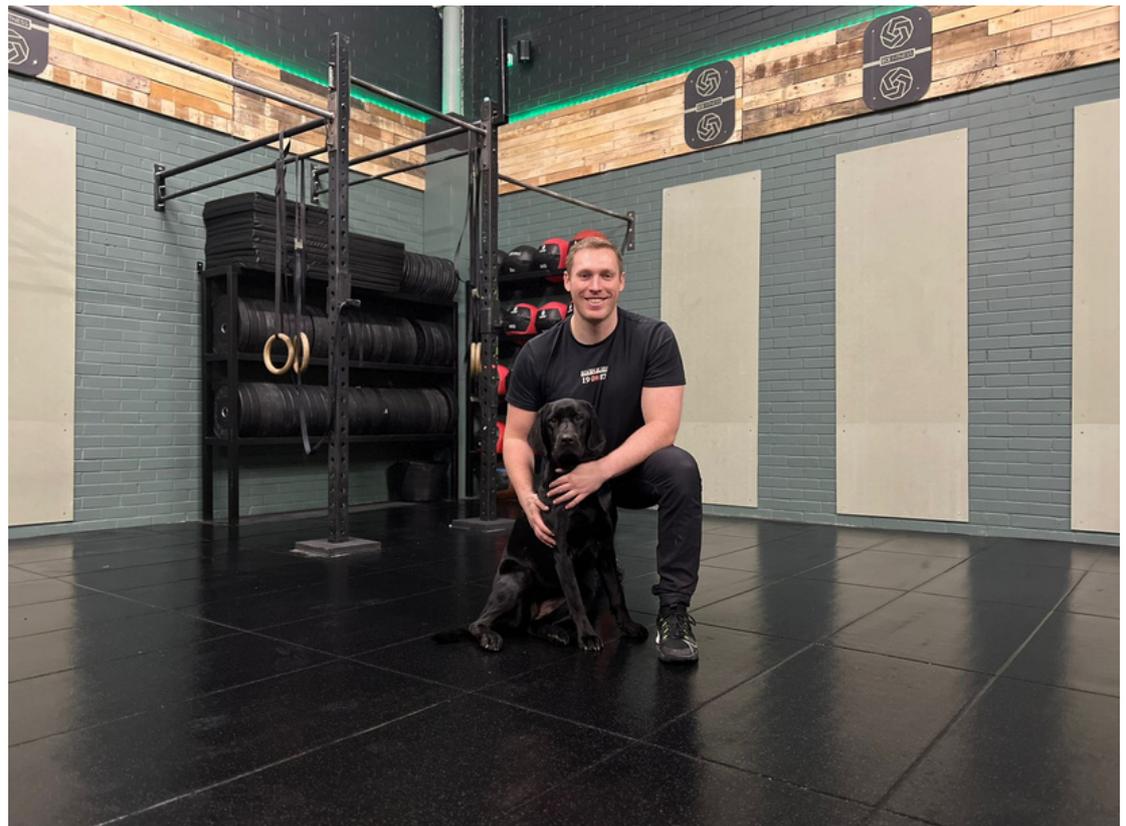
We aim to deliver this to our members through the training modality of functional fitness. Our gym is designed on the basis of group training, but close coaching supervision and access to 11 different training programmes enables us to cater for the individual needs of our athletes regardless of their age in life or their fitness level.

We believe that fitness is a journey to be enjoyed as well as a destination to aim for.

We actively encourage our members to focus on their progress rather than solely on the end result whilst appreciating that each members journey will be unique. We aim to tailor our programmes to your individual needs whilst supporting you to remain a key part of the group environment.

Our certified coaches are dedicated to helping you reach your full potential and guide you along your journey. They are also available to answer any questions or concerns that you may have in order to help keep you motivated.

ECE Fitness is a gym where members can work out together, celebrate each other's accomplishments, and share their fitness journeys.





The Main Programming

Workout Of the Day (WODs)

The WODs follow programming from the mind of Rich Fronning & his team at Mayhem.

A daily workout is provided 7 days a week lasting around 60 minutes in length.

WODs include: warm up, technique portions, strength/gymnastics work, a metabolic conditioning workout & a cool down in the session.

Each class is led by a certified coach.

Endurance

These boot-camp style cardiovascular biased classes follow programming from the mind of Rich Fronning & his team at Mayhem.

A workout lasts around 60 minutes in length.

These are NO barbell classes offering a good sweat, hard work & lots of fun.

Each class is led by a certified coach.

Bodybuilding/Open Gym

The Mayhem Bodybuilding Programme is a stand alone hypertrophy-focused program.

Sessions are not done "for time". Instead, the goal is to perform each set with quality and control, unless otherwise stated.

Programming includes workouts six days per week to be done in your own time.

Classes are not coach led but feel free to ask for advice & guidance on how to make the most of this programme to fit your needs.

Olympic Lifting

Mike Burgener is a Level 5 Senior Weightlifting Coach for the USA Olympic Team.

He also works regularly in the sport of Functional Fitness.

These sessions follow a training programme to improve an athletes strength & technique in movements such as Snatch and Clean & Jerk as set by Mike B Burgener.

Each class is led by a certified coach.

Spin

Our Spin classes include interval-style training on the BikeErg.

These non-stop sweat sessions are for those who want a break from the lifting and stress of other classes. Climb on the bike and grind. You can also change it up and use an Assault bike, rower, or SkiErg.

Programming includes 45-60 minute classes offered once a week.

Each class is led by a certified coach.

Running Club

Because every gym has a group of runners, our running program offers interval, aerobic, and anaerobic style running workouts.

Programming includes two running workouts per week.

Classes are not coach led but feel free to ask for advice & guidance on how to make the most of this programme to fit your needs.



The Timetable

Workout Of the Day (WODs)

The WODs are delivered on the following days & times

Monday to Friday:

- 06:00 - 07:00
- 07:00 - 08:00 (Tues & Thurs only)
- 09:30 - 10:30
- 17:45 - 18:45
- 19:00 - 20:00

Saturday:

- 09:00 - 10:00

**as membership numbers increase we will aim to commence a 16:30 class start time when able.

Endurance

These cardiovascular sessions are a no barbell/gymnastic class aimed at getting you fit & toning up.

Wednesday:

- 07:00 - 08:00

Sunday:

- 09:00 - 10:30

Bodybuilding/Open Gym

The Mayhem Bodybuilding Programme is a stand alone hypertrophy-focused program.

Sessions will be made available for you to perform when you wish to do so.

The programme can be found by speaking to your coach or booking onto these sessions on a weekend.

Olympic Lifting

These weightlifting sessions are currently delivered on:

Monday & Friday:

- 07:00 - 08:00

** as membership numbers increase we will aim to add these sessions on a weekend.

Spin

These cardiovascular sessions are currently delivered on:

Saturday:

- 10:00 - 11:00

** as membership numbers increase we will aim to add an addition sessions in the weekly programme

Running Club

The running workouts are available from your coach for you to perform at a time that suits you.

For the best results, we suggest doing these workouts with a thunder buddy or in groups.

As our gym progresses, we aim to provide a coached running programme twice a week.

MON	CLASS	WOD	Lifting	Endurance	Spin
		06:00	07:00		
		09:30			
		17:45			
		19:00			
TUES	CLASS	WOD	Lifting	Endurance	Spin
		06:00			
		07:00			
		09:30			
		17:45			
		19:00			
WED	CLASS	WOD	Lifting	Endurance	Spin
		06:00		07:00	
		09:30			
		17:45			
		19:00			
THURS	CLASS	WOD	Lifting	Endurance	Spin
		06:00			
		07:00			
		09:30			
		17:45			
		19:00			
FRI	CLASS	WOD	Lifting	Endurance	Spin
		06:00	07:00		
		09:30			
		17:45			
		19:00			
SAT	CLASS	WOD	Lifting	Endurance	Spin
		09:00			10:00
SUN	CLASS	WOD	Lifting	Endurance	Spin
				09:00	

*Spin is coached, bodybuilding is open gym style with coaches present for advice



The Memberships

PLATINUM

Our "access all areas" deal. You can book onto any class programme on an **unlimited** basis.

Available through our online sales portal if aged 14 yrs or over:

Individual Monthly Cost: £90

Available through speaking to your coach or emailing us (found on page 1):

Emergency Service/Military/Veteran Monthly Cost: £80

Couples Monthly Cost per Person: £80

GOLD

Our "access all areas" deal. You can book onto any class programme to a maximum of **12 sessions per month**.

Available through our online sales portal if aged 14 yrs or over:

Individual Monthly Cost: £80

Available through speaking to your coach or emailing us (found on page 1):

Emergency Service/Military/Veteran Monthly Cost: £75

Couples Monthly Cost per Person: £75

SILVER

Our "access all areas" deal. You can book onto any class programme to a maximum of **10 sessions per month**.

Available through our online sales portal if aged 14 yrs or over:

Individual Monthly Cost: £75

Available through speaking to your coach or emailing us (found on page 1):

Emergency Service/Military/Veteran Monthly Cost: £70

Couples Monthly Cost per Person: £70

BRONZE

You can book onto WOD classes ONLY to a maximum of 12 sessions per month.

Available through our online sales portal if aged 14 yrs or over:

Individual Monthly Cost: £70

Available through speaking to your coach or emailing us (found on page 1):

Emergency Service/Military/Veteran Monthly Cost: £65

Couples Monthly Cost per Person: £65



The Family Memberships

PLATINUM

Our "access all areas" deal. You & your family who are members can book onto any class programme on an unlimited basis.

This offer is only available through speaking to your coach or emailing us so we can set you up individually.

Each member added from your household brings a discounted monthly price for that member. Members aged between 14 to 16 **MUST** be accompanied by an adult member from their family package to EVERY class.

A minimum of 2 members of your family must be active for this deal to continue or your membership will be converted to our individual Platinum Package.

1st Family Member Monthly Cost: £85

2nd Family Member Monthly Cost: £75

3rd Family Member Monthly Cost: £70

4th Family Member Monthly Cost: £65

5th Family Member Monthly Cost: £60

Teenage Membership

PLATINUM

Our "access all areas" deal. You can book onto any class programme on an **unlimited** basis. Ages **14 to 18 years old only**. Available through our online sales portal if aged 14 yrs or over:

Individual Monthly Cost: £60

Brief T&Cs

- At present, we require athletes to be aged 14 years or older. We aim to address this and commence Pre-Teen & Teen classes when able
- Members aged 14-16yrs old **MUST** be accompanied by an adult from their household who is also a paying member at ALL times.
- Prices are subject to annual review and may change in line with inflation, after all without income meeting costs our gym won't remain open.
- Our Trial Offers, such as 14 days for £14 or 20% Off for 3 months, are to be used **ONCE ONLY** per individual
- Members must sign the required waivers and membership contracts before booking onto classes.
- Payment will auto renew on a monthly basis
- Failed membership payments may result in your membership being made void



ECE FITNESS

EFFORT CHANGES EVERYTHING