



Whether you are looking to get into shape, working to stay sharp
or training for the ultimate physique...

IRONWORKS

EST. 1993

FITNESS CONCEPTS FOR ALL

...can help you reach your goal!

Conceive, believe and achieve. Dare to dream with IRONWORKS FITNESS CONCEPTS.

At IRONWORKS FITNESS CONCEPTS, we believe in making you feel relaxed and welcome, giving you the necessary help and information to achieve your goals. We have over 20,000 square feet of fitness facilities to suit men and women.

0121 458 6615

UNIT 2 • PARK VIEW ESTATE • PERSHORE ROAD SOUTH • KINGS NORTON • BIRMINGHAM • B30 3JX

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FITNESS CONCEPTS FOR ALL

At IRONWORKS we can offer you the following:

- A FULLY EQUIPPED MIXED GYM WITH RESISTANCE AND FREE WEIGHTS
- A GREAT SELECTION OF CARDIOVASCULAR EQUIPMENT TO IMPROVE FITNESS
- A DEDICATED STRONGMAN AREA
- A 'LADIES ONLY' GYM
- CRÉCHE FACILITIES (PARENTAL RESPONSIBILITY)
- PRIVATE CHANGING FACILITIES AND SHOWERS
- SUNBEDS - THE LATEST TECHNOLOGY INCLUDING STAND-UP AND FAST TANNERS
- A FITNESS CLOTHES SHOP, LATEST FASHIONS AND SIZE SELECTION

Further facilities include:

- PERSONAL TRAINING (ONE TO ONE)
- A MASSIVE SELECTION OF NUTRITIONAL SUPPLEMENTS AND TRAINING AIDS WITH PROFESSIONAL ADVICE

Membership Prices

FULL MEMBERSHIP

Annual	£280
Six Months	£150
Quarterly	£80
Monthly	£30 £27 Direct Debit
2 Week	£17
1 Week	£12
Non-Members Per Visit	£5
Couple Annual	£450

OFF PEAK MEMBERSHIP

Annual	£230
Six Months	£120
Quarterly	£70
Monthly	£27 £24 Direct Debit

(Off Peak Hours 6am-4.40pm, Monday to Sunday)

STUDENT MEMBERSHIP

Annual	£220
Six Months	£120
Monthly	£25 £22 Direct Debit
Monthly aged 14-16	£24
Non-Members Per Visit	£3

(ID and proof of status will be required)

Opening Times: Monday to Thursday 6am - 10pm • Friday 6am - 9pm • Saturday 9am - 5pm • Sunday 9am - 5pm