



**WELLBEING**  
**HUB.**

**MATTISHALL.**

**TRAIN.CONNECT.BELONG.**



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**WELLBEING**  
**HUB.**  
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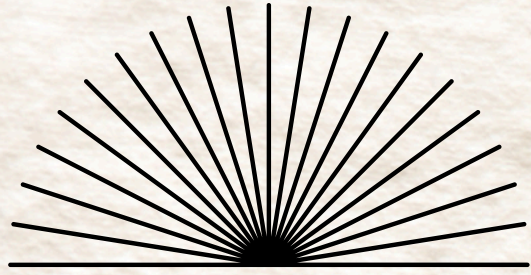
## Welcome to the Hub.

**Welcome to the Wellbeing Hub Mattishall** — a vibrant, community-focused space designed not only to support your fitness journey but also to connect you with a wider range of wellbeing opportunities.

At the Hub, you will not only get the chance to train, but also experience a genuine sense of belonging and connection. Alongside our fitness facilities, we offer guidance on nutrition and access to personalised one-to-one support through our Wellbeing Memberships. These memberships are designed to help you set goals, stay motivated, and build lasting healthy habits.

Whether you're here to move, nourish, or recharge, the Wellbeing Hub is here to support every step of your journey.





# Wellbeing **Membership.**

- Full access to Gym & Studio
- Classes included\*
- 8 Week Journey
- Enhanced Opening Hours
- 24/7 - NR Health & Fitness Club Multi Site Access + Classes

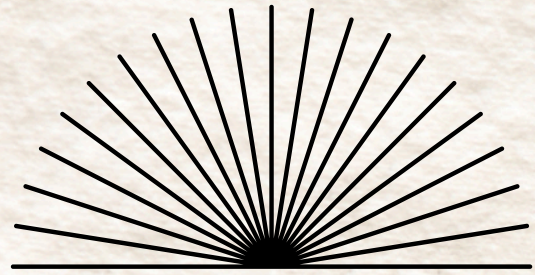
**MEMBERSHIP.**

**£39.99**

**PER MONTH.**

**\*Some classes will sit outside the regular membership so we can bring in expert specialists and enhance your wellbeing experience.**





# Wellbeing Junior **Membership.**

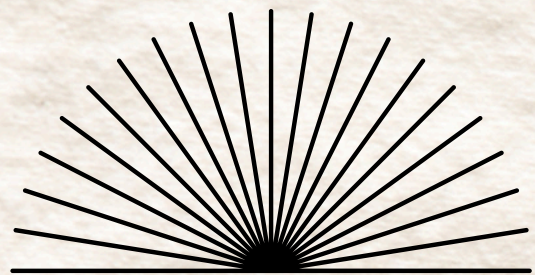
- Full access to Gym & Studio.
- 24/7 – NR Health & Fitness Club Multi Site Access + Classes.
- Access between 15:00 – 18:00 (Mon – Fri )
- Weekend access from 8:00am – 11:00am

**MEMBERSHIP.**

**£25.99**

**PER MONTH.**





07/10

# WellbeingTogether Membership.

The WellbeingTogether package combines the benefits of personal training with the motivation of training alongside others.

- Small group personal training sessions (up to 6 people per group) – keeping it personal, focused, and supportive.
- All the benefits of 1-to-1 PT – expert coaching, tailored programming, and progress tracking – but shared with others on a similar journey.
- Extra motivation and accountability from training as part of a team.
- Dedicated times allocated each week for your sessions.
- You will also receive all of the benefits from the Wellbeing Membership.

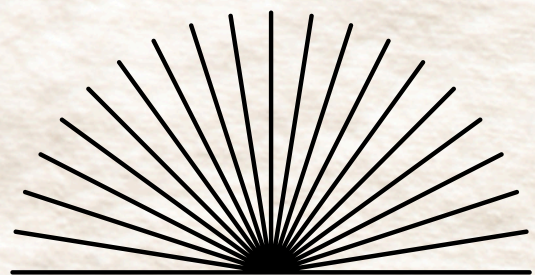
**MEMBERSHIP.**

**FROM.**

**£149**

**PER MONTH.**





06/10

# WellbeingYou Membership.

**This membership is designed for those who want a fully tailored 1-to-1 personal training experience alongside their regular gym membership.**

- Dedicated personal training sessions focused entirely on your goals, fitness level, and preferences.
- Personalised workout plans that adapt as you progress.
- Ongoing support and accountability to keep you motivated and on track.
- Regular weigh ins, Body composition & Nutrition planning.
- You will also receive all of the benefits from the Wellbeing Membership.

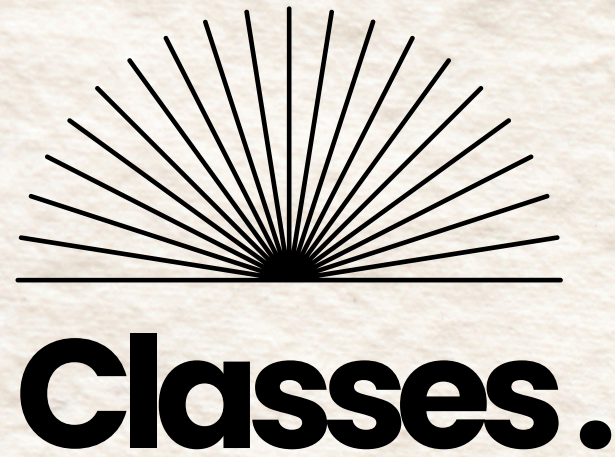
**MEMBERSHIP.**

**FROM.**

**£319.49**

**PER MONTH.**



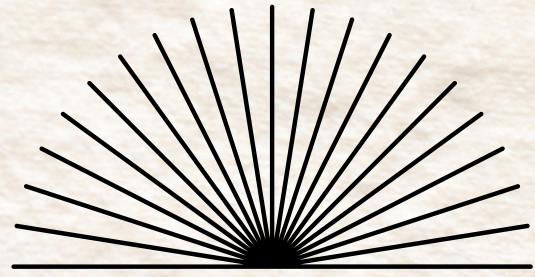


Our new class timetable will include a mixture of old favourites and exciting new options, with full details to be confirmed soon. All sessions will be easy to book through the FitSense app.

If you're on a **WellbeingYou** or **WellbeingTogether** membership, your slots will also be available to book directly through the app.

In addition, some classes will be offered outside of the Wellbeing Membership so we can provide the highest-quality experiences led by professionals in their fields.





# What's New?

With the Wellbeing Hub set to officially take over from the 1<sup>st</sup> November 2025, you will start to see changes on site and to processes whilst transitioning from Gymtec.

Other things to look out for:

- A fresh lick of paint & maintenance in and around the gym, studio & changing areas.
- Re-branding.
- App to book your classes & wellbeing sessions.
- Wellbeing Workshops, events & projects delivered at the Hub.
- Increase of weekly & weekend opening hours.





# What is the Foundation?

At the **NR Foundation**, we believe health and wellness go beyond physical fitness – they encompass the mind, body, and community. Our mission is rooted in our infinite purpose: “To create lasting, positive change in the community by fostering holistic health and wellness for all, beyond just physical fitness.”

The Foundation supports those who may have additional needs in our community from those closest to anti social behaviour, social isolation and people experiencing mental health challenges.

The Wellbeing Hub will form a big part of the Foundation and profits made from the Hub will be repurposed into those projects to strengthen our community further.

Think you can support the Foundation further? Then get in touch via our website: **[www.nrfoundation.co.uk](http://www.nrfoundation.co.uk)**







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## Contact us.

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