



MEMBERSHIP

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A COMPLETE APPROACH TO YOUR **HEALTH & FITNESS**

Athletic Potential memberships combine Physiotherapy and Training under one roof. Instead of stopping when pain improves, your support can continue from treatment and rehabilitation into strength, fitness and long-term physical performance.



ONE MEMBERSHIP

Use your sessions for Physiotherapy, Training, or a combination of both depending on what you need.

TREATMENT → REHABILITATION → STRENGTH → PERFORMANCE



BUILT AROUND YOU

Your sessions and programme can adapt around your goals, current ability, progress and physical needs.



MEMBERSHIP PACKAGES

Choose the level of weekly support that best suits your goals, lifestyle and training needs.

BRONZE	1 SESSION / WEEK	£175 PER MONTH	Consistent weekly support
SILVER	2 SESSIONS / WEEK	£300 PER MONTH	Greater weekly consistency
GOLD	3 SESSIONS / WEEK	£420 PER MONTH	Comprehensive support
PLATINUM	4 SESSIONS / WEEK	£520 PER MONTH	High-frequency support
DIAMOND	5 SESSIONS / WEEK	£600 PER MONTH	Maximum weekly support

All membership sessions can be used for Physiotherapy, Training, or a mix of both.



MEMBERSHIP BREAKDOWNS

BRONZE MEMBERSHIP

1 SESSION PER WEEK | £175 PER MONTH

WHAT'S INCLUDED

- Personal Training or Physiotherapy
- Initial assessment and goal setting
- Personalised exercise guidance
- Monthly progress review

IDEAL FOR

Best for those wanting weekly professional support while maintaining independence.

SILVER MEMBERSHIP

2 SESSIONS PER WEEK | £300 PER MONTH

WHAT'S INCLUDED

- Personal Training and/or Physiotherapy
- Initial assessment and goal setting
- Personalised training guidance
- Regular progress reviews
- Basic nutrition guidance

IDEAL FOR

Best for those wanting consistent support with flexibility across training and recovery

GOLD MEMBERSHIP

3 SESSIONS PER WEEK | £420 PER MONTH

WHAT'S INCLUDED

- Personal Training and/or Physiotherapy
- Personalised training programme
- Regular progress tracking
- Nutrition and lifestyle guidance
- Injury prevention support

IDEAL FOR

Best for those serious about making significant progress.

PLATINUM MEMBERSHIP

4 SESSIONS PER WEEK | £520 PER MONTH

WHAT'S INCLUDED	IDEAL FOR
• Mix of Personal Training and Physiotherapy • Personalised training programme • Regular progress tracking and adjustments • Nutrition and lifestyle guidance • Recovery and injury prevention support	Best for those making training, recovery and physical health a regular part of their lifestyle.

DIAMOND MEMBERSHIP

5 SESSIONS PER WEEK | £600 PER MONTH

WHAT'S INCLUDED	IDEAL FOR
• Flexible mix of Personal Training and Physiotherapy • Fully personalised training programme • Ongoing progress tracking and adjustments • Nutrition, lifestyle and recovery guidance • Priority support from the Athletic Potential team	Best for those wanting the highest level of weekly support.



WHAT YOUR **MEMBERSHIP** CAN SUPPORT

PHYSIOTHERAPY

Injury rehabilitation, pain management, movement, recovery and injury-prevention support.

TRAINING

One-to-one structured training focused on strength, fitness, technique and performance.

PERSONALISED PROGRAMMES

Exercise and training guidance based on your goals, ability, progress and physical needs.

PROGRESS & LIFESTYLE SUPPORT

Progress tracking plus nutrition and lifestyle guidance within selected membership levels.

ONE MEMBERSHIP. TWO SERVICES. YOUR GOALS.





MEMBERSHIP **TERMS**

✓ Memberships are valid for one month from the date of purchase.	✓ All included sessions must be used within the one-month membership period.
✓ Unused sessions expire and cannot be carried over.	✓ Memberships and sessions are non-transferable and can only be used by the named member.
✓ Sessions cannot be transferred, shared or gifted to another person.	✓ Sessions remain subject to Athletic Potential's standard booking and cancellation policies.

READY TO UNLOCK YOUR **POTENTIAL**?

Speak to the Athletic Potential team to choose the membership that best suits you.

#IAmAthletic

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