



FITTER & HEALTHIER TOGETHER

EXCLUSIVE BENEFITS AND DISCOUNTS TO OUR VALUED PARTNERS

Supporting stronger teams & healthier businesses to provide wellbeing support for your workforce.

SCAN ME



Our **EXCLUSIVE** offer for PCN's and the partner designed to support the health and wellbeing of healthcare professionals and work colleagues.

Up to **35% discount** at Hillbrow Health and Wellbeing—offering access to high-quality fitness and wellness facilities.

Introducing our EXCLUSIVE Membership Benefits for our PCN's & Partners

We recognise the importance of partnership working and would like to introduce to you our exclusive PCN and Partners Membership.

Our goal is to enhance staff wellbeing, reduce stress, and promote a healthier workforce through an easily accessible membership program.

Our EXCLUSIVE offer for PCN's and the partner businesses we work with, is designed to support the health and wellbeing of healthcare professionals and work colleagues across the Lewes District, Eastbourne and the surrounding areas. This initiative provides organisations, and their employees, with up to 35% discount at —offering access to high-quality fitness and wellness facilities.

Our PCN and Partners Wellness Solutions

- Tailored Memberships for Teams of All Sizes
- Unlimited access to the gym, swimming pool, and exercise classes
- Exclusive member benefits, including additional discounts
- Free day passes for staff to experience our facilities
- Personalised fitness plans and regular progress reviews
- Marketing materials to support workplace promotion

Added Benefits of PCN and Partners EXCLUSIVE Membership

- Free On-Site Fitness Workshop
- Discount Private Hall Hire for Meetings & Staff Events
- Exclusive Corporate Training & Development

What does your membership look like?

- Unlimited Gym, Swimming and Exercise classes.
- 14 days advance online booking rights via the Wave Active online booking portal or App.
- Free Day Passes for friends and family and members exclusive discounts.
- Gym Appointments available with a qualified fitness instructor
- Welcome Workout- introduction to the gym
- Personal Plan – a programme tailored specifically for you
- Personal plan review – update your programme on a regular basis
- Discounted Myzone products: Track your heart rate and see how hard you're working.