



Freestyle 360

INDOOR & OUTDOOR GYM



TEAM 360

Welcome to Freestyle 360 and our family run gym.

Our highly qualified personal trainers and support staff are on hand to guide, motivate and assist you in every way possible to make your fitness journey achievable and enjoyable.

We are truly passionate about helping you reach your goals whether you are an apprehensive first-timer or a fully experienced member of the gym with a specific goal in mind, we can help you every step of the way.

We offer a friendly, non-intimidating gym atmosphere ensuring you feel at ease and welcome every time you visit.

Meet the team

Tim Spittle

Director
Master Trainer

Amy Spittle

Director

Rachel Tracey

Personal Assistant

Steve Harrison

Advanced Personal Trainer

Kia Johnson

Events & Marketing
DNAFit Advisor

Tim Rew

Advanced Personal Trainer
Powerlifting Coach

Lorraine Whitmore

Advanced Personal Trainer
TRX Instructor
DNAFit Advisor

Andrew Wigley

Fitness Instructor

Matt Keyte

Sports Massage Therapist
Advanced Personal Trainer
DNAFit Advisor

Rebecca Cullinane

Body Control Pilates
Teacher
Barre Concept Instructor

Julia Rose

Yoga Teacher



360 PRICES

Personal Training

Master Trainer	£50	
Advanced Trainer	£40	£48 (Twin)
MyZone Belt	£79.99	
360 DNAFit	Various packages ranging from £149 – £249	
360 Altitude Training	£210 (12 sessions, includes mask)	

Sport & remedial massage

Treatment (1 hour)	£40
Treatment (1/2 hour)	£25

Freestyle 360 Gym

	Adults		Children		Student	Senior
	1st	2nd	1st	2nd		
Joining fee*	£20	£10	£10	£5	£10	£10
Unlimited gym use	£37	£27	£20	£12	£29	£29
Unlimited gym use + classes	£50	£36	£22	£14	£30	£37
Weekend gym use	£27	£17			£22	£22
Student week pass					£10	
Obstacle course - day use**	£7.50 (Per person)					
Party and group rates	P.O.A.					
Walk in gym - per day	£6.50				£5.50	£5.50
Classes	£7.50				£5.50	£5.50
Vinyasa flow yoga	£10 (£8 to 360 members)					
360 flexibility	£10 (£8 to 360 members)					
Barre Concept	£10 (£8 to 360 members)					
Body control Pilates	£12 (£60 for a block of 6 sessions)					

Monthly memberships are payable by direct debit for a minimum of 3 months. Children classed as under 16 years and must have parents' consent before using facilities

* Includes health appraisal, gym induction, programmes and nutritional advice.

** Under 16s must be accompanied by an adult.

OPENING TIMES

Monday	06:00 - 20:00
Tuesday	06:00 - 20:00
Wednesday	06:00 - 20:00
Thursday	06:00 - 21:00
Friday	06:00 - 20:00
Saturday	06:30 - 16:00
Sunday	08:00 - 16:00

For all enquires or to make a booking, call or email...

T: 01386 700039 / info@freestyle360.co.uk

360 Class timetable

MONDAY	09:00 - 10:00	BodyMAX
	10:30 - 11:30	Pilates
	16:30 - 17:30	Gym Fit
	17:00 - 18:00	360 Kids
	17:45 - 18:45	Club Spin
18:45 - 19:45	360 SLAM	
TUESDAY	09:00 - 10:00	TRX/Spin
	09:30 - 10:30	Barre Concept
	10:30 - 11:30	Yoga
	14:00 - 14:45	Spin
	16:30 - 17:30	Seniors
	17:30 - 18:30	360 Acid Spin, 360 Pyramid
19:30 - 20:30	Sculpt	
WEDNESDAY	09:00 - 10:00	360 HIIT
	18:00 - 18:30	360 HIIT
	18:30 - 19:30	Club Spin, Sports Conditioning,
THURSDAY	07:00 - 08:00	Early Spin
	09:00 - 10:00	360 Circuits, Strength, Balance & Mobility
	10:00 - 10:30	Slimstyle 360
	13:45 - 14:45	Box & Core
	17:00 - 18:00	360 Kids
	18:00 - 18:30	Slimstyle 360
18:30 - 19:30	360 SLAM, Flexibility / Stretch	
19:30 - 20:30	360 Workout	
FRIDAY	09:00 - 10:00	Tone & Condition, Pump
	17:45 - 18:45	Box
SATURDAY	08:10 - 08:30	Tabata
	08:30 - 09:30	Cyclone Spin
SUNDAY	09:30 - 10:30	Circuit Training

Yoga, Pilates, Flexibility/Stretch & Barre Concept are not included in any membership packages and do not run during school holidays.

Please contact instructors directly for more information:

Pilates/Barre Concept

Rebecca Cullinane
M: 07734 934751

Yoga

Julia Rose
M: 07500 949365

Please make sure all spin classes are booked online.

freestyle360.co.uk

T: 01386 700039



Freestyle 360

INDOOR & OUTDOOR GYM

WHAT CAN **360** OFFER?

- Leading personal trainers in the Cotswolds, effective for fitness, training, weight loss and health.
- Friendly yet extremely professional service for all ages and abilities.
- A unique, well-equipped, modern and spacious indoor and outdoor gym with free weights, cardiovascular and strength machines, cross training equipment, TRX, boxing ring and functional exercise areas.
- 360Mud, a 50 station obstacle course set over 4km of Cotswold countryside offering corporate and group days out.
- 6 fat burning spin classes per week in our purpose built spin studio offering 20 bikes, lights and loud music!
- Competitively priced gym membership with packages to suit everyone.



360 CLASSES

Our unique classes, designed by Tim Spittle, are delivered by our fully qualified experienced team. We have classes to suit all ages and abilities and there is no need to be a member. Please see website for more information about all our classes.

New Classes for 2017

- 360 SLAM
- 360 Pyramid
- 360 Slimstyle (Diet Club)
- 360 Strength, Balance & Mobility
- 360 Acid Spin
- 360 Sports Conditioning
- 360 HIIT



"Fantastic facilities and a great vibe!"

Amanda O, Childswickham

SPECIALIST 360 TRAINING

360 DNAFit

Our ground breaking DNA swab test will provide you with a truly personalised report using YOUR genetic profile. It will change the way you think about fitness and nutrition forever!



"If you want to get fit or become even fitter this gym is unbeatable. Best MyZone gym in the UK"

Andrew B, Long Compton

360 Altitude Training

Take your training to another level! Maximise your fitness, speed, endurance and recovery with our personal hypoxic training.

MYZONE®

The latest real time interactive heart rate and training monitoring system available on the market.



360 MASSAGE

Matt Keyte, our Sports and Remedial Massage therapist, uses a combination of different techniques to treat you and help prevent injury, prepare for sporting events and maintain your general physical/muscular health including:

- Specialist massage techniques
- Ultrasound therapy
- Athletic & Kinesiology Taping (for injuries & rehabilitation)
- NES miHealth device
- Acupuncture

Matt is a member of the ISRM (Institute of Sport and Remedial massage) and the SMA (Sports Massage Association).



"I lost 13kg in 6 months with the help of Freestyle 360"

Amanda, Broadway



360 MUD & OUTDOORS

Over 50 obstacles! Loads of mud! No need to be a member! We cater for all groups no matter how big or small. We have a decked seating area so you can bring a picnic or we can source food for you.

- Kids Parties & Birthdays (5 yrs plus)
- Corporate Events/Team Building Days
- Fundraising Days
- Stag & Hen Parties
- School Outings, Scouts, Guides etc

*"The bootcamp was amazing
- the best workout I have ever had!"*

Pam B, Toronto

360 KIDS

With the ever growing concerns over children's fitness and obesity, Freestyle360 have introduced fitness classes designed for ages 8 to 13 years that are both fun and effective.

We also have our holiday 360 Fitness Academy for children aged 5 and above. Activities are varied with the flexibility to use indoor and outdoor facilities according to the weather.

We also host 360Kids parties out on the mud course and can combine these with other fun activities such as a spin class or some pad boxing. Contact us to find out more!



*"HUGE THANK YOU for making
Jack's birthday party so amazing"*

Caroline, Milton-under-Wychwood

What's on in 2017?



- Jan 09* **Marathon Class Day**
- Jan 20* **24hr Spinathon**
- Apr 02* **360 Cycle Sportive**
- Apr 23* **5k/10k Run**
- May 20* **The Endurance Games**
- Jun 28* **The Craic Cycle Tour**
- Jul 09* **SMA Trust Mud Run**
- Sept 17* **10k Run**
- Sept 22* **Xabia Cycle Tour**
- Sept 26* **Xabia Beachcamp 8**
- Oct 14* **Bath & Back Cycle**

Our chosen charities that we will support and raise awareness for in 2017 will be The SMA Trust and SportsAid.



Sheaf House Farm, Draycott Road, Blockley, Gloucestershire, GL56 9DY

T: 01386 700039 / M: 07818 033629 / info@freestyle360.co.uk

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