



GRAFT HOUSE

— HOME OF FUNCTIONAL FITNESS —

CORPORATE PACKAGES

AT HULL'S LARGEST FUNCTIONAL FITNESS FACILITY



GRAFT HOUSE GYM - THE HOME OF FUNCTIONAL FITNESS IN HULL.

Founded by personal trainer Matty Davies, Graft House has evolved from a personal training facility into Hull's leading functional fitness gym. Whether you're just starting out on your fitness journey or looking to take your fitness levels to the next level, we've got you covered. Our gym, located on Pickering Road in Hull, is equipped with the latest gym equipment, catering to all fitness levels. As an official Hyrox affiliated gym, we're committed to helping everyone achieve incredible health transformations. So, why wait? Join us at Graft House Gym and start your journey towards a fitter, healthier you!

**GRAFT
SESSIONS
/ FITNESS
CLASSES**

**OPEN
GYM
MEMBER-
SHIP**

**SMALL
GROUP
PERSONAL
TRAINING**

**OFFICIAL
HYROX
GYM**

**PERSONAL
TRAINING
HULL**

GRAFTHOUSEGYM.CO.UK



GRAFT SESSIONS / FITNESS CLASSES

Looking for a dynamic, efficient workout that fits into your busy schedule? Check out our Graft Sessions: 1 hour, small-group fitness classes in Hull that cover everything from bodyweight exercises to high-intensity interval training. Limited to 18 people, these daily sessions are suitable for all fitness levels. Find your perfect fit and elevate your fitness game today!



OPEN GYM MEMBERSHIP

Train on your own terms with our Open Gym membership at Graft House Gym. For just £30 per month, gain unlimited access to Hull's biggest and best functional fitness facility, equipped to cater to all your training needs. Train at your leisure, on your schedule, without the constraints of classes or programming. Perfect for those who prefer training solo, need a space to follow an online programme or train for an upcoming event.

OFFICIAL HYROX GYM

Experience the ultimate fitness challenge at Graft House Gym, Hull & East Yorkshire's largest HYROX affiliate. Join our popular HYROX workouts every Saturday morning and be part of a global fitness competition that blends running with functional exercises. We also proudly host two HYROX races each year, offering our members the chance to compete and push their limits. Discover more about our HYROX sessions and how you can get involved.



ON-SITE CRÈCHE

Stay fit & healthy with Grafthouse & Event Crechers. Get an hour to yourself in our 9:30am class, Monday to Friday, whilst your children are entertained by the amazing team and facilities at Event Crechers located inside the same building for upto 2 hours.

SMALL GROUP PERSONAL TRAINING

Experience the benefits of personalised coaching in a focused setting with our Small Group Personal Training sessions. The sessions are capped at 6 people per session with a choice of 6 sessions per week (6am and 6pm on Monday, Wednesday, and Friday). Our coaches provide personalised exercises, weekly KPI assessments, and individualised nutritional guidance, ensuring every workout is effective and aligned with your fitness journey. Enjoy the support and motivation of a small group while receiving the attention you need to succeed.



PERSONAL TRAINING

At Graft House Gym, our personal training services are tailored to help you achieve your fitness goals through functional training. Our experienced trainers design customised workout plans to suit your needs, whether you're aiming to lose weight, build muscle, or enhance overall fitness. With one-on-one coaching and expert guidance, you can maximise your workouts, stay motivated, and achieve outstanding results. Join us at Graft House Gym for a personalised and effective fitness experience.

TIMETABLE

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THE BENEFITS OF EXERCISE FOR THE WORKFORCE.

The benefits of exercise are very well published nowadays, including being more efficient, productive and generally having more energy throughout the day at work.

WHY IS GH A GOOD OPTION?

Our philosophy of fitness is all based around being functional. So more functionally fit for day to day life. Stronger and fitter for everything you do in life including work!

Studies have shown that people that not only train in this way but train early before work have more energy and are more productive and motivated to completing tasks throughout the day. They generally are healthier in the way they live, including the food they eat to less alcohol. Having these sorts of sessions during the week really does make it harder to live a less healthy lifestyle so you will gain a more alert employee as a result.

The biggest thing is :
THEY HAVE TO WANT TO DO THIS!

SALARY SACRIFICE SCHEMES

Essentially it is up to you and your company's director how much you are willing to contribute towards these packages. The more people you have to offer these packages to the cheaper it becomes for yourselves and the employees.

The company will pay for the memberships direct which is also Tax efficient. You can then deduct an amount you wish from the employee that has opted in.



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BRONZE PACKAGE

Open gym memberships (these can be cancelled with 30 days notice)

Up to 5 memberships at £30 open gym memberships. Receive 10% discount on all 5. Making it £27 per membership.

5-10 memberships Receive 15% discount on all 10. Making it £25.50

10-15 memberships Receive 20% discount on all 15. Making it £24

15+ memberships Receive 25% discount on all 20. Making it £22.50

SILVER PACKAGE

Classes memberships (these can be cancelled with 30 days notice)
*these memberships also include the open gym.

Up to 5 memberships at £89 per month for rolling memberships. Receive 20% discount on all 5. Making it £71.20

5-10 memberships Receive 30% discount on all 10. Making it £62.30

10+ memberships Receive 40% discount on anything over 10 memberships. Making it £53.40

GOLD PACKAGE

Small group personal training sessions Group training individualised for that person. *these memberships include all the classes and open gym.

Up to 3 memberships at £179 per month. These are minimum of 12 week packages and can't be cancelled during the 12 weeks.

The sessions are on Monday, Wednesdays and Fridays. Receive 25% discount on each membership you get. Making it £134.25 per membership.

PREMIUM PACKAGE

***all these memberships** Anything over 3 membership on this package.

You will receive your own small group personal training sessions. Up to 3 times per week. With only your employees on each of the classes. So great for bonding and if you have employees that aren't experienced in this sort of training or are above 35 years old this is a great option. Each membership will be £119 per month and you can choose the time of the session you are wanting to fit around work times etc. some companies have chosen lunch time previously for these types of sessions.

MORE INFO

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