

14-DAY EXPLORER PASS

ALL CLASSES AT 360° WELLNESS £49

PHYSIOTHERAPY & SPORTS REHABILITATION

	60-MIN SESSION
INITIAL CONSULTATION & FIRST TREATMENT APPOINTMENT	£90
FOLLOW UP TREATMENT	£90*

*ENJOY SAVINGS WITH OUR BLOCK BOOKING OPTIONS: 6, 8, OR 12 SESSIONS AT £80 PER HOUR.

ALL TREATMENTS ARE PROVIDED AT OUR SISTER CLINIC, ST GILES PHYSIOTHERAPY, JUST A 3-MINUTE WALK AWAY AT 38 YORK ROAD, NORTHAMPTON, NN1 5QJ.

PROGRAMMES GUIDE

° YOGA

YOGA COMBINES PHYSICAL POSTURES, BREATH CONTROL, AND MEDITATION TO IMPROVE HEALTH AND WELL-BEING. AT 360° WELLNESS, WE OFFER A RANGE OF YOGA STYLES, FROM HIGH-INTENSITY TO GENTLE SESSIONS, TO SUIT ALL NEEDS.

° MAT PILATES

PILATES ENHANCES COORDINATION, STRENGTH, BALANCE, AND POSTURE THROUGH FOCUSED FULL-BODY EXERCISES. MAT PILATES USES BODY WEIGHT ON A MAT, OFFERING ADJUSTABLE DIFFICULTY FOR ALL LEVELS, FROM BEGINNERS TO ADVANCED.

° REFORMER PILATES

REFORMER PILATES USES A SPECIALISED MACHINE TO BUILD CORE STRENGTH, IMPROVE POSTURE, AND ENHANCE BALANCE. COMBINING CONTROLLED MOVEMENTS WITH RESISTANCE, IT OFFERS EFFECTIVE FULL-BODY EXERCISES FOR STRENGTH AND CIRCULATION.

'YOU WILL FEEL BETTER IN TEN SESSIONS, LOOK BETTER IN TWENTY SESSIONS, AND HAVE A COMPLETELY NEW BODY IN THIRTY SESSIONS.'

— JOSEPH PILATES

° GYM CLASSES

OUR PT-LED CLASSES AT 360° WELLNESS ARE DESIGNED FOR UP TO 5 PARTICIPANTS, ENSURING PERSONALISED ATTENTION AND EXPERT GUIDANCE. ENJOY A FOCUSED, SMALL-GROUP EXPERIENCE THAT HELPS YOU ACHIEVE YOUR FITNESS GOALS IN A SUPPORTIVE AND MOTIVATING ENVIRONMENT.

° INFRARED SAUNA

AN INFRARED SAUNA IS A TYPE OF SAUNA THAT USES INFRARED LIGHT TO GENERATE HEAT, WHICH DIRECTLY WARMS THE BODY RATHER THAN THE SURROUNDING AIR. THIS METHOD OF HEAT PENETRATION IS BELIEVED TO PROVIDE THERAPEUTIC BENEFITS SUCH AS IMPROVED CIRCULATION, DETOXIFICATION, PAIN RELIEF, AND RELAXATION, OFTEN AT LOWER TEMPERATURES THAN TRADITIONAL SAUNAS.

° 3D BODY SCANNER

A 3D BODY SCANNER IS A DEVICE THAT USES ADVANCED TECHNOLOGY, SUCH AS INFRARED SENSORS, LASERS, AND CAMERAS, TO CAPTURE A DETAILED THREE-DIMENSIONAL REPRESENTATION OF THE HUMAN BODY. IT IS COMMONLY USED FOR APPLICATIONS IN FITNESS AND HEALTHCARE, PROVIDING PRECISE MEASUREMENTS, BODY COMPOSITION ANALYSIS, AND PERSONALISED FITTINGS.

° SPORTS MASSAGE

OUR SPORTS MASSAGE IS A TARGETED THERAPY DESIGNED TO RELIEVE MUSCLE TENSION, IMPROVE FLEXIBILITY, AND ENHANCE RECOVERY. REGULAR SESSIONS ARE ESSENTIAL FOR MAINTAINING OVERALL WELL-BEING, AS THEY HELP PREVENT INJURIES, REDUCE STRESS, AND PROMOTE BETTER CIRCULATION. WHETHER YOU'RE AN ATHLETE OR SIMPLY SEEKING RELIEF FROM DAILY STRAIN, CONSISTENT SPORTS MESSAGES SUPPORT YOUR BODY'S RECOVERY AND PERFORMANCE, KEEPING YOU AT YOUR BEST.

° PRIVATE GYM HIRE

OUR PRIVATE GYM HIRE FACILITY IS PERFECT FOR SOLO WORKOUTS OR TRAINING WITH A PARTNER. BOOK THE GYM FOR 1 OR 2 HOURS, ENJOYING EXCLUSIVE ACCESS TO TOP-QUALITY EQUIPMENT IN A PRIVATE, FOCUSED ENVIRONMENT.

° PHYSIOTHERAPY & SPORTS REHABILITATION

AT ST GILES PHYSIOTHERAPY, THE SISTER COMPANY TO 360° WELLNESS, WE SPECIALISE IN PHYSIOTHERAPY AND SPORTS REHABILITATION TO RELIEVE PAIN AND RESTORE AN ACTIVE LIFESTYLE. OUR EXPERIENCED PROFESSIONALS OFFER MEDICATION-FREE TREATMENTS USING ADVANCED TECHNOLOGY, INCLUDING K-LASER, SHOCKWAVE, ELECTRICAL MUSCLE STIMULATION, ADVANCED CUPPING, AND A DECOMPRESSION TABLE. WITH AN ON-SITE GYM FOR REHABILITATION, OUR APPROACH STIMULATES YOUR BODY'S NATURAL HEALING PROCESS. SINCE OPENING IN JULY 2023, WE'VE ACHIEVED A 95% SUCCESS RATE IN TREATING ACUTE AND CHRONIC INJURIES.



73 ST GILES STREET
NORTHAMPTON, NN1 1JF
TEL. 01604 809 360

YOGA & MAT PILATES

	PROGRAMME*	PER SESSION
SINGLE		£20
10-PACK	£149	

PRIVATE YOGA & MAT PILATES

	PROGRAMME*	PER SESSION
SINGLE FOR ONE		£55
10-PACK FOR ONE	£449	

REFORMER PILATES

	PROGRAMME*	PER SESSION
SINGLE		£25
10-PACK	£199	

PRIVATE REFORMER PILATES

	PROGRAMME*	PER SESSION
SINGLE FOR ONE		£69
SINGLE FOR TWO		£89
10-PACK FOR ONE	£599	
10-PACK FOR TWO	£699	

GYM CLASSES

	PROGRAMME*	PER SESSION
SINGLE		£25
10-PACK	£199	

PERSONAL TRAINING

	PROGRAMME*	PER SESSION
SINGLE		£70
10-PACK	£599	

INFRARED SAUNA

	45-MIN SESSION
SINGLE FOR ONE	£49
SINGLE FOR TWO	£69
SINGLE FOR THREE	£89

ALL OUR INFRARED SAUNA SESSIONS ARE COMPLETELY PRIVATE, ENSURING A SERENE AND RELAXING EXPERIENCE JUST FOR YOU (OR YOU AND YOUR GUESTS). TO MAKE YOUR VISIT EVEN MORE COMFORTABLE, WE PROVIDE COMPLIMENTARY TOWELS AND COZY DRESSING GOWNS ON THE DAY.

3D BODY SCANNER

	PER SESSION
SCAN & CONSULTATION	£49

SPORTS MASSAGE

	PROGRAMME*	60-MIN SESSION
SINGLE		£65
5-PACK	£299	
10-PACK	£549	

PRIVATE GYM HIRE

	PER SESSION
1HR FOR UP TO TWO PARTICIPANTS	£39

ENJOY THE ENTIRE GYM FLOOR TO YOURSELF, PRIVATE SHOWERS, AND COMPLIMENTARY COFFEE. TRAIN LIKE VIPS IN COMPLETE COMFORT AND STYLE!

*ALL 5- AND 10-PACK PROGRAMMES MUST BE USED WITHIN 12 MONTHS OF PURCHASE.

MEMBERSHIP MEANS MORE

- UNLIMITED CLASSES SPECIFIED IN THE MEMBERSHIP
- OPEN GYM ACCESS (BOOKING ONLY)*
- INITIAL 30-MIN PHYSIOTHERAPY CONSULTATION
- INITIAL 15-MIN FOOT HEALTH CONSULTATION
- INITIAL 15-MIN NUTRITIONIST CONSULTATION
- INITIAL 3D BODY SCAN
- 1X GUEST PASS PER MONTH
- WELCOME DRINK
- COMPLIMENTARY COFFEE



PRIME £119

YOGA
MAT PILATES
GYM CLASSES
OPEN GYM ACCESS*

ELITE £199

YOGA
MAT PILATES
REFORMER PILATES
GYM CLASSES
OPEN GYM ACCESS*

360° WELLNESS £399

- UNLIMITED CLASSES AT 360° WELLNESS
- OPEN GYM ACCESS (BOOKING ONLY)*
- INITIAL 30-MIN PHYSIOTHERAPY CONSULTATION
- INITIAL 15-MIN FOOT HEALTH CONSULTATION
- INITIAL 15-MIN NUTRITIONIST CONSULTATION
- 1X 3D BODY SCAN PER MONTH
- 4X SINGLE INFRARED SAUNA SESSIONS PER MONTH
- 1X 60-MIN SPORTS MASSAGE PER MONTH
- 4X GUEST PASSES PER MONTH
- 10% DISCOUNT ON ALL SERVICES AT ST GILES PHYSIOTHERAPY & SPORTS INJURY CLINIC
- WELCOME DRINK
- COMPLIMENTARY COFFEE