

A black and white photograph of a woman in a gym, smiling and lifting a dumbbell with her right arm. She is wearing a white long-sleeved shirt and dark shorts. In the background, there is a Concept 2 rowing machine and a banner that says 'LACY Endurance CROSSFIT GYM'.

GIVE US A TRY...

**LIFE. CHANGING.
RESULTS.**

**SPECIAL 30 DAY TRIAL OFFER FOR
JUST £45 PER PERSON**

**Includes: Welcome pack, 2 classes per
week and full gym use, plus two one-
on-one coaching sessions**



RELENTLESS GYM

LIFE.CHANGING.RESULTS



Our mission is to enhance your lifestyle through exercise and nutritional support to help you become functionally fit and strong forever. Whilst providing a place where you feel comfortable and supported in achieving your goals.

WHY RELENTLESS GYM?

Personal Consultation: An introductory in-person meeting with your coach to discuss your goals, current nutritional and lifestyle habits, and physical capabilities.

Certified Coaching: Within each class or one-on-one session, our team of certified coaches will demonstrate movements, answer questions, then lead you through the workout while effectively modifying all exercises and movements to suit your needs and abilities.

Training Programmes: With classes running everyday, we offer a variety of programmes to meet your interests and needs whatever your level and whatever your goal.

Social Gatherings: We are an inclusive and supportive gym, where coaches support clients, clients support clients and clients support coaches. It is a friendly and relaxed place to be.

VISIT US

Monday	12:00pm - 08:00pm
Tuesday	10:00am - 08:00pm
Wednesday	12:00pm - 08:00pm
Thursday	10:00am - 08:00pm
Friday	12:00pm - 8:00pm
Saturday	09:00am - 1:00pm
Sunday	10:00am - 1:00pm

PACKAGES

One-to-one coaching
Group training sessions
Nutrition support
Medical referrals
Beginners package
Foundation classes

CONTACT US

Building 9, Vantage Point Bus Village
Mitcheldean, Glos

T: 01594 546106

E: fodrelentless@gmail.com

W: www.fodrelentlessgym.com