



Newsflash – New staff benefit available.

In partnership with Your Fitness Needs based on the Industrial Estate, Leyburn, Tupgill Estate is pleased to be able to offer the following new benefits to assist in the health and wellbeing of our staff members.

To qualify for these benefits, you have to:

- be employed for more than 3 months,
- Work more than 10 hours per week on a regular basis
- pay the difference between the subsidised rate and the membership rate for a minimum of 3 months before you can cancel.
- Should you cease to be an employee your subsidised rate will become null and void.
- The agreement is signed between yourself and Your Fitness Needs, Tupgill Estate will assume no responsibility for any outstanding payments.



Standard Monthly Membership

The standard monthly membership is a rolling membership where the payment will automatically be taken on the 1st of every month as a recurring card payment. Once they sign up it is a 3 month period before they are able to cancel their membership.

If they wish to cancel after the 3-month mark, they will be required to let us know 30 days in advance, however if there is a valid reason to cancel sooner, we can be flexible.

As part of the monthly membership, the following will be included in the package:

- ⊕ All classes in all areas e.g. Hawes and Leyburn
- ⊕ All other services e.g. training plans, nutrition plans, basic health MOT (PT sessions are separate)
- ⊕ Free induction upon signing up
- ⊕ Full usage of the gym within opening times

The Standard Monthly membership fee will be subsidised by Tupgill Estate so the cost will reduce down from £38.00 to £25.00 per person per month (over 18's). for Students and under 18s the subsidised cost is reduced down from £24.00 to £12.00 per month but the same rules apply.



If you do not want to commit to a monthly membership but would like to access the training plans option these again will be subsidised dependent on the training plan chosen, please speak to the Estate office before arranging.

Training Plans:

- ⊕ Exercise training plans can be a 4 week or 8 week plan to help guide them in the gym, this is a set session plan we write specifically for them to follow in the gym.
- ⊕ Nutrition plan can be a 4 or 8 week plan as a guidance of healthy eating, we provide some healthy meal options

That's not all!!

All employees can access a fully subsidised Health MOT as part of our Health and Wellbeing commitment to you, any plan taken on following this will fall under the other categories (Monthly Membership or Training Plans, no other packages will be subsidised).

Health MOT:

- ⊕ Height will be measured
- ⊕ Weight will be taken
- ⊕ BMI will be calculated
- ⊕ Blood pressure will be taken
- ⊕ All findings will be given on a form to the client with all the information taken from the day, any suggestions to their lifestyle will also be put on the document to help improve their health.



Please contact the Estate Office to activate this staff benefit, prior to joining.