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GYMFLEX

HEALTH CLUB MEMBERSHIPS

OVER
3,600
LOCATIONS
TO CHOOSE
FROM

SAVE UP TO
40%
ON A GYM
MEMBERSHIP

MEMBERSHIPS
FROM JUST
£14
PER
MONTH



GymFlex offers you savings of up to 40% on a 12-month gym membership at a choice of over 3,800 locations across the UK. With thousands of gyms, leisure centres, health clubs, yoga or pilates studios and bootcamps to choose from, there's something on offer to suit everyone's location, preference and budget.

Your company will pay the full cost of your membership upfront on your behalf and will reclaim this back via deductions from your salary.



BENEFITS OF EXERCISE: REDUCES STRESS

Exercise is one of the most effective ways to deal with stress and anxiety. Exercise helps your brain release feel-good endorphins, which get pumped around your body. Consistent exercise, whether it's every day or three times a week, encourages your brain to regularly release endorphins which help improve your mood.

IMPROVES SLEEP

Exercise can contribute to more sound and restful sleep as it increases the amount of time spent in deep sleep. This is the most physically restorative sleep phase, which helps boost immune function, support cardiac health and controls stress and anxiety.

FIGHTS DISEASES

Exercise can help boost your immunity which can lead to reduced risk of disease and illness. It can help to increase blood flow and clear bacteria out of your airways. Working out also causes a brief elevation in body temperature that can be protective and strengthen antibodies to help fight infection and reduce stress hormones.

IMPROVES CONFIDENCE

Working out can do great things for your confidence and self-esteem. Exercising can make you feel better and stronger while giving you a sense of accomplishment. All of these can help boost the way you feel, which in turn can have a huge impact on your confidence and self-esteem.

INCREASES SOCIAL CONTACT

Joining a team sport, a group session, or just going to the gym is a great way to socialise, boost your mental health and increase motivation. Experiencing the same burn, endorphin rush and results are all things you will have in common to help you build meaningful relationships.

SOME OF OUR PARTNERS:



HOW TO ACCESS GYMFLEX:

Log into GymFlex during your benefit enrolment window via your benefit platform.

Please speak to your HR/Benefits Team to find out more.

