

# PROPERGYM

50% off  
1st Months  
Membership  
for  
NEW MEMBERS

#trainPROPER

- No Contract / No Joining Fee
- Free Weights
- Resistance Machines
- Cardio
- Boxing / MMA / Kickboxing
- Functional Training
- Fitness Classes
- Steam Room / Sunbed
- Meal Preps



## OPENING HOURS

Monday to Friday 6am - 9pm

Saturday 9am - 5pm

Sunday 9am - 2pm

0161 273 6120  
Spectator Mill, Spectator St, Ancoats,  
Manchester M4 7HS

[www.propergym.com](http://www.propergym.com)  
Facebook: @propergym  
Instagram: @proper\_gym\_limited