

THE LIVE WELL CENTRE

Are you passionate about making Middlesbrough a healthier and happier place?

Do you want to deliver your business at Middlesbrough's newest, state-of-the-art wellbeing facility?

Would your clients benefit from being seen in a truly integrated wellbeing environment, right in the centre of Middlesbrough?

If so, there is space for you.

Whether you are a wellbeing start-up, emerging provider or an established business, we've got lots of options for you.

OUR FACILITIES INCLUDE:

- Large community gym with a wide choice of cardio, resistance and weights equipment; inbuilt sound system and access to a 1:1 induction/consultation room and refreshment area;
- Studio space with inbuilt sound system, floor-to-ceiling mirror and hireable equipment to support a range of physical activity sessions;
- Large state-of-the-art training kitchen for up to 14 people, complete with a wide range of equipment for all ages and abilities;
- Clinic rooms, designed to healthcare specification and including clinical couch, desk, chairs and sink;
- Consultation rooms with optional layout to support individual and family counselling, interviewing and 1:1 consultation;
- Group therapy rooms;
- Training and event rooms;
- Large baby clinic/large clinic, located in an access controlled family/quiet space with independent waiting area and neighbouring group and consultation rooms;
- Arts and craft-friendly room located in an access-controlled family/quiet space area with neighbouring family consultation room and clinic.

We even have fully serviced hot-desk facilities in an access-controlled, collaborative working environment. Our newly refurbished office area includes height-adjustable desks, lockers, shared meeting room and a collaborative break-out area. Whether you're in town for the day, week, month or year – we've got a range of easy-in/easy-out hot desk hire options.

OUR PRICES AND PACKAGES

We offer some of the best rates in the area.
If you find a better rate within a 20 mile radius of
The Live Well Centre, we will price match it.

50% off
on bookings
from 1st April to
31st July inclusive
(excluding the gym)

ROOMS	Casual User Rates			Block Packages		Discounts		
	Hourly	Half Day	Full Day	Unit per Month	Unit per Year	Group offers	VCS offers	Live Well Partner
Clinic rooms (18m ²)	£12.50	£39.00	£74.00	£1,258	£12,830	Six for Five	10% Off	15% Off
Consultation rooms (min 8m ² with)*	£9.00	£27.00	£51.00	£867.00	£8,840	Six for Five	10% Off	15% Off
Training/event rooms (23 - 68m ²)	£15.00	£47.00	£89.00	-	-	Six for Five	10% Off	15% Off
Group therapy rooms (23-41 m ²)	£12.50	£39.00	£74.00	-	-	Six for Five	10% Off	15% Off
Studio (68m ²)	£15.00	£47.00	£89.00	-	-	Six for Five	10% Off	15% Off
Training kitchen (63m ²)	£20.00	£63.00	£119.00	-	-	Six for Five	10% Off	15% Off
Hot desk	-	-	-	£115.00	£1,380	Six for Five	10% Off	15% Off
Gym (315m ²)	£50.00	£158.00	£298.00	-	-	Six for Five	10% Off	15% Off

*with 17m² family consultation room

Get in there early! Book a tour today
or reserve your space by emailing
collaborate@thelivewellcentre.co.uk

Block packages:

- Full time per unit per month (including 6 for 5)
- Full time per unit per year

- Six bookings for the price of five on all rooms
- VCS concessions of 10% discount
- Live Well Partners benefit from 15% off all prices

We will shortly be establishing a Live Well Centre collaborative. Partners who are signed up to our value statement, charter and shared outcome framework will benefit from 15% discount on all room rate hire, plus other exciting benefits! Information will be available shortly on www.thelivewellcentre.co.uk