

The Gym - great equipment

In our gym, you'll find our friendly, experienced health and fitness team ready to help you achieve your fitness goals. Whether you are a complete novice or an experienced gym user, they will tailor your personal exercise programme to your needs and experience.

Free Weights Area



Featuring:
Dumbbells
Barbells

Both of which will help you tone and strengthen your muscles.

Resistance Machines



A combination of equipment to help you tone and strengthen your muscles.

Cardiovascular Equipment



Cross Trainers
Treadmills
Cycles
Rowers

All guaranteed to get your pulse racing and giving you a great cardio workout.

Stretch Area



The stretch area is designed for specific exercises or stretching. Specialist equipment available to enhance your workout including **Fit Balls, Bosu Balls, & Medicine Balls**



ent and friendly staff

To use the gym please choose the induction that suits your needs:

Gym Induction (1hour)

Following a short health screening, one of our friendly and professional fitness instructors will show you how to use the gym equipment safely and effectively.

So whether you are a complete beginner or experienced gym user, book in for an Induction to ensure you are making the most effective use of each and every workout.

Fast Track Gym Induction (15 minutes)

For experienced gym users who want to start using the gym immediately. One of our friendly and professional fitness instructors will complete a short health screen with you and following that you can use the gym (subject to the satisfactory completion of a health questionnaire and blood pressure and resting heart rate being within normal range)

Personal Programmes

Available, free of charge, at any time if you require assistance. One of our instructors will design an effective and personally tailored gym routine for you based on your health and fitness goals, aspirations and current fitness levels to give you a motivating yet challenging workout.

Gym Induction

Adults	£5.30
Juniors	£3.20
Students/60+	£3.20 Mon-Fri 7am-4pm & weekends
Students/60+	£5.30 Mon-Fri 4pm onwards

Gym Opening Times

Monday – Friday	6.30am – 10.00pm
Saturday	8.00am – 7.00pm
Sunday	8.00am – 8.00pm
Bank Holidays	9.00am – 5.00pm
Bank Holiday Sat & Sun	9.00am – 5.00pm
<i>(Last entry 30 minutes before closing time)</i>	

Price List (per 1½ hrs)

Adults	£5.30
Exercise Referral	£3.20
Juniors	£3.20
Students/60+	£3.20 Mon-Fri 7am-4pm & Weekends
Students/60+	£5.30 Mon-Fri 4pm onwards

Personal Training sessions are not refundable but are transferable up to 2 clear days prior to the session.

Contact Joe



If you have any comments or suggestions about our Gym please email: Joe Summers (Health & Fitness Supervisor) joe.summers@bhlive.co.uk



Personal Training



A great range of Personal Training packages that guarantee results in next to no time!

Sessions (each)

30 Minutes	Members	£15.00
	Non Members	£17.50

1 hour	Members	£25.00
	Non Members	£30.00

6 x 1 hour Sessions for the price of 5	Members	£125.00
	Non Members	£150.00

Bring a Buddy! Two people train with a Personal Trainer

1 hour	2 Members	£35.00	2 Non Members	£45.00
	1 Member and 1 Non Member		£40.00	

