

# The Gym - one of the largest and best equipped in the area!

In the 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.



## Resistance Machines

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



## Free Weights Area

Featuring:  
**Barbells, Dumbbells, Bench Press Squat Rack**  
All of which will help you tone and strengthen your muscles.



## Cardiovascular Equipment

**Arc Trainers  
Cross Trainers  
Treadmills  
Cycles  
Rowers  
Step Machines**  
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 and Stretch Station**

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

### Gym Induction (1 hour)

Following a short health screening, one of our friendly and professional fitness 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.

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)

### Programme Reviews

Available, free of charge, at any time if you require assistance, fancy a change to your routine or want to learn some new exercises to ensure you meet and exceed your goals.

### Gym Opening Times

Monday – Friday	6.30am – 10.00pm
Saturday & Sunday	8.00am – 6.30pm
Bank Holidays	8.00am – 6.00pm
Bank Holiday Sat & Sun	8.00am – 6.00pm

*Last entry to gym 9pm weekdays and 30 minutes before closing time at weekends and Bank Holidays.*

### Price List (per 1 ½ hrs)

Adults	£6.00
Juniors	£3.60
Students	
Mon-Fri 6.30am-5.00pm & Weekends	£3.60
Mon-Fri 5.00pm onwards	£6.00
Exercise Referral	£3.60

*(Available during concessionary period only)*

### Gym Induction

Adults	£6.00
Juniors	£3.60
Students Mon-Fri 6.30am-5.00pm & weekends	£3.60
Students Mon-Fri 5.00pm onwards	£6.00



## New Year, New You!

**Boost your fitness with a Personal Trainer**

**One hour £27.50**

**Special Offer  
6 sessions for the price of 5!**

Ask at Customer Service for details

