

New for 2012

Suspension
Training
Kettlebells
Powerbags

The Gympay-as-you-go or membership options

The Gym is a spacious and cool environment with natural light and views across the playing fields and countryside. Combine this fantastic outlook with Fitlinx, a unique computerised gym programming system, and you have the perfect place for your workout.



Resistance Machines

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



Free Weights Area

Featuring:
Barbells,
Dumbbells,
Bench Press
Smith Press
All of which will 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**

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.

Contact Claire

If you have any comments or suggestions about our Gym please talk to or email Claire Ford (Senior Health & Fitness Advisor) claire.ford@bhlive.co.uk

Gym Opening Times

Monday – Thursday	6.30am – 10.00pm
Friday	6.30am – 9.00pm
Saturday	8.00am – 7.00pm
Sunday	8.00am – 7.00pm

(Last entry 30 minutes before closing time)

Price List (per 1 1/2 hrs)

Adults	£6.00
Juniors & Students	
Mon-Fri 6.30am-5.00pm & Weekends	£3.60
Mon-Fri 5.00pm onwards	£6.00
BH Live Access Card	£3.60

Gym Induction

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Claire Ford



Community Health Afternoons £3.00

Monday - Friday 1.00-3.30pm

Gym, Swim & Sanarium, a great way to get fit and healthy
Health Circuits also included on Thursdays 1.00 - 1.45pm



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

