

## GENERAL INFORMATION

### 10% DISCOUNT ON MEMBERSHIP DURING JULY & AUGUST

#### GYM

Fully newly equipped gym with personal training programmes

#### AEROBIC HALL

(A variety of daytime & evening classes)

#### BOXING MARTIAL ARTS ROOM

Old Style Okinawan karate for both kids & adults

#### OTHER FACILITIES

Fast Tan Sunbed

Body Art Temporary Tattoos (**Suitable for any age**)

(BOOK TEMPORARY TATTOOS FOR PARTIES/THEME EVENTS)

#### Table Tennis

@ Only £2.00 Per Person Per Half Hour

#### KidZone

All Activities @ £2.00 Per Child Per Hour

(KidZone Also Available For Private Fun Children's Parties)

#### MEMBERSHIP FEES (OPTIONAL)

Up to 16 Years & Students £25.00 Adults £50.00

(Terms Available Upon Request)

#### GYM & SUNBED COSTS

Up to 16 Years & Students £3.00 per Session or £20.00 for 10 Sessions

Adults £4.00 per Session or £30.00 for 10 Sessions

(£5.00 for Non Members)

#### CLASSES COST

Up to 16 Years & Students £3.00 per Session or £20.00 for 10 Sessions

Adults £4.00 per Session or £30.00 for 10 Sessions

#### KARATE COSTS

Up to 16 Years & Students £3.00 per Session or £15.00 per month

Adults £4.00 per Session or £25.00 per month

## REGULAR ACTIVITIES

#### MONDAY

6.30pm – 7.30pm STEP CIRCUIT

A Step Aerobic Workout

#### TUESDAY

12.00pm – 1.00pm DISABLED WORKOUT

Assisted exercise routines to meet individual needs

6.00pm – 7.30pm ORIGINAL OKINAWAN KARATE

#### WEDNESDAY

9.00am – 10.00am MORNING CIRCUIT TRAINING

Mix of Aerobic, Cardiovascular & Weights for Fat Burning

#### THURSDAY

12.00pm – 1.00pm DISABLED WORKOUT

Assisted exercise routines to meet individual needs

12.30pm – 1.30pm FITBALL

Exercise class using the stability ball to improve core strength

6.00pm – 7.00pm ORIGINAL OKINAWAN KARATE

#### FRIDAY

9.00am – 10.00am MORNING CIRCUIT TRAINING

Mix of Aerobic, Cardiovascular & Weights for Fat Burning

#### KIDZONE

Monday - Friday

#### GYM OPENING TIMES

Monday - Friday

12.00pm – 2.00pm & 6.00pm – 8.30pm

(Friday Close At 8.00pm)

#### AUGUST OPENING TIMES

Monday - Friday

11.00pm – 2.00pm & 6.00pm – 8.30pm

(Friday Close At 8.00pm)

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