

aerobics



timetable

• **Monday**
 Kick Aerobics
 Pilates
 Core & More
 Body Attack
 Box Fit

• **Tuesday:**
 Step & Tone
 Yoga
 Blast
 Zumba
 Kick Aerobics

• **Wednesday:**
 Yoga
NEW Total Body Workout
 Complete Physique

• **Thursday:**
 Step Aerobics
 Blast
 Zumba
 Bums & Tums

• **Friday:**
 Blast
 Active Life Circuit

• **Sunday:**
 Body Attack

	IMPACT	TIME
	H	10.00am
	L	11.15am
	L	5.45pm
	H	6.45pm
	H	8.00pm
	H	10.00am
	L	1.00pm
	L	5.45pm
	H	7.00pm
	H	8.00pm
	L	10.00am
	H	6.00pm
	H	7.00pm
	H	10.00am
	L	5.45pm
	H	7.00pm
	H	8.00pm
	L	10.00am
	L	10.00am
	H	10.00am

CRÈCHE FACILITY AVAILABLE FOR 10AM CLASSES MONDAY TO FRIDAY

PRICES

Aerobic Classes £4.30

Fab @ 50 /Active Life Circuit £3.60

Pilates £4.90

Yoga £5.30

12 for 10 aerobic pass £43.00

12 for 10 Pilates £49.00

12 for 10 Yoga £53.00

fitness MEMBERSHIP OPTIONS



Join on line today and save £25

		Conversion
Induction/getting started	£25.00	£10.00
GP induction	£15.00	£5.00*
Session off peak	£6.00	
Session peak **	£7.00	
GP session ***	£5.00	
GP 3 months	£60.00	

* Conversion to 3 months pass ** Peak session includes sauna
 *** GP accessibility 6.30am - 4.30pm weekdays and all weekend.

	Active	ActivePLUS
Direct Debit*		
Single per month	£28.00	£34.00
Joint per month	£48.00	£61.00
Yearly Subscriptions		
Single annual payment	£336.00	£408.00
Joint annual payment	£576.00	£732.00

*All direct debit contracts run for a minimum of 12 months

Active Membership: Includes unlimited use of the fitness suite and sauna, £1.50 off aerobic classes prices over £4.30, up to 20% off sunbed prices, free off peak badminton (subject to availability) and free swimming for 12months.

ActivePLUS Membership: As above - Also included free aerobics & crèche facility

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