the heath leisure suite

CLASS TIMETABLE

Day	10:00 – 11:00	12:15 – 13:00	13:05 - 14:00	17:45 – 18:30	18:30 – 19:15	19:00 – 21:00
Monday		Circuit Training (Mark)	Yoga (Lindsay)	Pilates (Jenny)	Spinning (Gemma)	Zumba (Toni) 18.30-19.30
Tuesday	Nifty Fifties	Legs, Bums & Tums (Terri)		Martial Arts (17:30 – 19:00) PRIVATE HIRE		
Wednesday		Spinning (Gemma)		Pilates (Jenny) (18:00 – 18:45)		Yoga* (Kathy)
Thursday	Nifty Fifties	Aerotone (Terri)			Yoga (Lindsay) 18:30 – 19:30	
Friday				Martial Arts (17:30 – 19:00) PRIVATE HIRE		

* Fee payable to instructor (private hire)

All Classes Available to Non-Members - £3.50
Nifty Fifties - £3.00

MEMBERSHIP FEES:

£20.00 per month – over counter payments
£18.50 - by Standing Order
(No joining fee or fixed term contract)
Three monthly fee of £50.00 – limited offer
Yearly fee of £200.00

£4.00 Pay As You Go (Gym use)
£3.50 Pay As You Go (Class fee)
(or buy 10 Pay As You Go Vouchers for £30)

FACILITIES*:

Lunchtime / Early Evening Fitness Classes
Aerobics Studio
Mixed Gym
Ladies Only Gym
Weights Room
Badminton Facilities**
Table Tennis**
46 200W Tube Sunbed **(£1 per 3 minute session)**

SERVICES AVAILABLE:

Personal Training* / Personalised Programs*
Sports Therapist*
Physiotherapy/Sports Injury Clinic (Fields Clinic)*
Sports Wear Available*
Dry Cleaning Services*

*All facilities/services available to non-members

** £2 per person fee to non-members

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OPENING HOURS:

Monday - Friday
7am – 7:30pm

Saturday Morning
9am – 12:30 pm

Call Ext 5105
(01928 515105)

E-mail: heathleisuresuite@theheath.com

No Joining Fee
No Fixed Term Contract