

Facilities & Services

Lunchtime & Evening Classes

Spacious Aerobics Studio

Fully Equipped Mixed Gym

Ladies Only Gym

Free Weights

Badminton & Table Tennis Facilities

Personal Training

Free Personalised Fitness Programs

Fully Qualified Friendly Staff

Free Gym Inductions & Advice

Mini Gym Classes



the heath
leisure suite

Opening Hours

Monday to Thursday: 7.00am - 20.30pm

Friday: 7.00am - 19.30pm

Saturday: 9.00am - 15.00pm

Sunday: 10.00am - 14.00pm

Contact Us

Telephone - 01928 51 5105

E-mail - heathleisuresuite@theheath.com

Follow Us On: 

Membership Prices

Monthly Memberships

£20.00 - Monthly Membership

£18.00 - Family Membership (Rules Applicable)

£18.00 - O.A.P. Membership

£50.00 - 3 Month Membership

£100.00 - 6 Month Membership

£200.00 - 12 Month Membership

Classes Included

Pay As You Go

£4.00 - Day Pass (Gym)

£3.50 - Day Pass (Class)

£3.00 - Day Pass (Nifty Fifty Class Only)

£2.00 - Day Pass (Badminton / Table Tennis Only)

**NO JOINING FEE &
NO MONTHLY CONTRACT**

Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Start Private Hire 9:30-11:30	Nifty Fifty Mark G 10:00-11:00		Nifty Fifty Mark G 10:00-11:00		Meta Fit Mark G 8:30 - 9:00	
Circuits Darren 12:15-13:00	Meta Fit Mark G 12:15-13:00	Running Club Gemma 12:15-13:00	Barbell Blitz Darren 12:15-13:00	Boxfit Dave 12:15-13:00	Diddikicks 9:00-12:00	Arlans Cheshire BJJ 10:00-13:00 Private Hire
Yoga Lindsay 13:05-14:00						
Pilates Jenny 17:45-18:30	Dancercise Tracy 18:00-18:45	Pilates Jenny 18:00-18:45	Circuits Alison 17:45-18:30	Arlans Cheshire BJJ Private Hire 18:00-19:30		
Meta Fit Mark G 18:00-18:30	X Fit Mark G 17:45-18:30	Boot Camp Mark G 18:00-18:45	Yoga* Lindsay 18:00-19:15			
Private Hire 19:00-20:00	Arlans Cheshire BJJ Private Hire 19:00-20:30	Private Hire 19:00-20:00	Runcorn Rowing Club Private Hire 19:00-20:00			
		Arlans Cheshire BJJ Private Hire 20:00-21:00	Arlans Cheshire BJJ Private Hire 20:00-21:30			

Classes Included In Monthly Membership

Fee Payable To Instructor (Private Hire)

Available To All Ability Levels