

Facilities & Services

Lunchtime & Evening Classes

Spacious Aerobics Studio

Fully Equipped Mixed Gym

Ladies Only Gym

Free Weights

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 - heathleisureuite@theheath.com

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Membership Prices

Monthly Memberships

£18.50 - Monthly Membership)

£60.00 - 3 Month Membership

£200.00 - 12 Month Membership

Classes Included

Pay As You Go

£4.50 - Gym

£4.00 - Per Class

£4.50 - Thursday Yoga

£7.00 - for two classes back to back

£3.00 - Nifty Fifty Class Only

£2.00 – Single Table Tennis

NO JOINING FEE & NO CONTRACT

Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stealth BJJ Cheshire 6:00-7:00 Private Hire	Nifty Fifty* Mark G 9:30-10:30	Stealth BJJ Cheshire 6:00-7:00 Private Hire	Nifty Fifty* Mark G 9:30-10:30	Stealth BJJ Cheshire 6:00-7:00 Private Hire	Meta Fit Mark G 8:30-9:00	
Fresh Start Private Hire 9:30-12:00	Nifty Fifty* Mark G 10:30-11:30		Nifty Fifty* Mark G 10:30-11:30		Diddikicks Private Hire 9:00-12:00	
Circuits Darren 12:15-13:00	HIIT Fit Mark M 12:15-13:00	Abs & Stretching Darren 12:15-13:00	Barbell Blitz Darren 12:15-13:00	Meta Fit Mark G 12:15-13:00		Stealth BJJ Cheshire 10:00-14:00 Private Hire
Yoga Lindsay 13:05-14:00	Sweaty Mamas 13:00-14:00 Private Hire					
Pilates Jenny 18:00-18:45	X Fit Mark G 17:45-18:30	Pilates Jenny 18:00-18:45	Circuits Alison 17:45-18:30	Stealth BJJ Cheshire 18:00-19:00 Private Hire		
Meta Fit* Mark G 17:45-18:15	Dancercise Tracy 18:00-18:45	Boot Camp Mark G 18:00-18:45	Yoga Lindsay 18:00-19:15**			
Meta Fit* Mark G 18:15-18:45	Running Group Couch to 5k Mike 18:30-19:15	Private Hire 19:00-20:00	Running Group Couch to 5k Mike 18:30-19:15			
Step And Tone Jenny 18:45-19:30	Stealth BJJ Cheshire 19:00-20:30 Private Hire	Stealth BJJ Cheshire 20:00-21:00 Private Hire	Stealth BJJ Cheshire 20:00-21:30 Private Hire			

Classes Other Than Private Hire Are Included In Monthly Membership
Fee Payable To Instructor (Private Hire)

*Class booking required

** Thursday Yoga £4.50 pay as you go