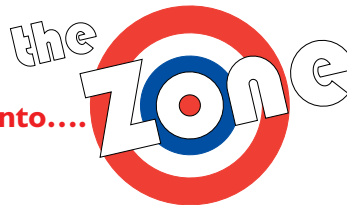


Get into the Zone

A gym dedicated to young people.

Specially designed gym equipment includes Treadmills, Spin Bikes, Rowers, Cross Trainers, Resistance Equipment, Free Weights, Swiss Balls and skipping Ropes. Plus there are 3 TV screens playing all the latest tunes!

**8 - 13
YEARS**



Get fit, get healthy, get into....

£3.40
per session

FREE
for members

Why should I attend The Zone?

- Develop your own training programme with our dedicated fitness instructors
- Work out with a mate and catch-up on all the gossip!
- Train to boost your fitness for other activities, foot ball, swimming or dancing!
- Chance to meet new friends
- Meet cool instructors who are interested in you

How do I use The Zone?

Choice of 'Pay As You Go' or 'Membership'

'Pay as you go'

- Hourly Sessions starting on the hour
- Cost £3.40 per 60 minute gym session

Membership

- Unlimited use during Zone opening times
- Unlimited swimming between 9.00am - 9.00pm (lessons not included)
- Unlimited attendance to the classes on page 15

NEW Opening Hours

All sessions now start on the hour!

Term Time

Monday - Friday 4.00pm - 7.00pm Saturday, Sunday & Bank Holidays 10.00am - 1.00pm

School Holidays

Monday - Friday 10.00am - 1.00pm & 4.00pm - 7.00pm

Saturday, Sunday & Bank Holidays 10.00am - 1.00pm

TERM TIME SESSIONS

Monday - Friday 4.00 - 5.00pm, 5.00 - 6.00pm, 6.00pm - 7.00pm

Saturdays, Sundays & Bank Holidays 10.00 - 11.00am, 11.00am - 12.00noon, 12.00noon - 1.00pm

SCHOOL HOLIDAYS

Monday - Friday 10.00 - 11.00am, 11.00 - 12.00noon, 12.00noon - 1.00pm,

4.00pm - 5.00pm, 5.00pm - 6.00pm, 6.00pm - 7.00pm

Saturdays, Sundays & Bank Holidays 10.00 - 11.00am, 11.00am - 12.00noon, 12.00noon - 1.00pm

**Structured,
Supervised
Sessions
starting on
the hour**



Zone Sessions

FUN and spontaneous gym sessions incorporating monthly and on-the-spot gym challenges, games and circuits where you are motivated to unleash your true potential.

