

The Gym - great equipment and friendly staff

In our gym you'll find our friendly, experienced health and fitness team ready to help you achieve your fitness goals. Whether you are a complete novice or an experienced gym user the team will tailor your personal exercise programme to your needs and experience.



Resistance Machines

A combination of equipment to help you tone and strengthen your muscles.



Free Weights Area

Featuring: **Barbells, Dumbbells, Smith Machine**
All of which will help you tone and strengthen your muscles.



Cardiovascular Equipment

**Cross Trainers
Treadmills
Cycles
Rowers**
All guaranteed to get your pulse racing and giving you a great cardio workout.



Stretch Area

The stretch area is designed for specific exercises or stretching. Specialist equipment available to enhance your workout including **Fit Balls, Bosu Balls, & Medicine Balls**



If you have any comments or suggestions about our Gym please email Sarah Ashby, (Senior Health & Fitness Advisor) sarah.ashby@bhlive.co.uk

To use the gym please choose the induction that suits your needs:

Gym Induction (1hour)

Following a short health screening, one of our friendly and professional fitness instructors will show you how to use the gym equipment safely and effectively.

So whether you are a complete beginner or experienced gym user, book in for an Induction to ensure you are making the most effective use of each and every workout.

Fast Track Gym Induction (15 minutes)

For experienced gym users who want to start using the gym immediately. One of our friendly and professional fitness instructors will complete a short health screen with you and following that you can use the gym (subject to the satisfactory completion of a health questionnaire and blood pressure and resting heart rate being within normal range).

Personal Programmes

Available, free of charge, at any time if you require assistance. One of our instructors will design an effective and personally tailored gym routine for you based on your health and fitness goals, aspirations and current fitness levels to give you a motivating yet challenging workout.

Gym Induction

Adults	£5.80
Juniors	£3.50 (up to 15 years)
Students/60+	£3.50 Mon-Fri 6.30am-4pm & weekends
Students/60+	£5.80 Mon-Fri 4pm onwards

Gym Opening Times

Monday – Friday	6.30am – 10.00pm
Saturday	8.00am – 7.00pm
Sunday	8.00am – 8.00pm
Bank Holidays	9.00am – 5.00pm
Bank Holiday Sat & Sun	9.00am – 5.00pm

(Last entry 30 minutes before closing time)

Price List (per 1 1/2 hrs)

Adults	£5.80
Exercise Referral	£3.50
Juniors	£3.50
Students/60+	£3.50 Mon-Fri 6.30am-4pm & Weekends
Students/60+	£5.80 Mon-Fri 4pm onwards

Sports Massage by Sarah Ashby

(Please book at Customer Service)

- Improve your training and performance.
- Release muscle tension and restoring balance to the musculo-skeletal system.
- Prevent injuries, which might otherwise be caused by over use.
- The skilled massage therapist will be able to detect variations in the soft tissues and by using the correct techniques, help the sports person maintain a much healthier physical state.

Lets get moving

Exercise options for people living with certain health conditions such as high blood pressure, diabetes, joints and back injuries and weight issues.

OPTION ONE:

Attend the new Reactive Fitness class on Monday 11.30 – 12.25pm, a gentle exercise class for those starting at a lower level.

OPTION TWO:

Join our 12 week discount support programme.

For only **£7.50** you will receive an induction and a personal programme and be entitled to 12 weeks of discounted prices on the Reactive Fitness Class, Swimming and the Gym.

To get involved, please ask your GP for further details or contact the centre on 01202 437840



New Year, New You!

Boost your fitness with a Personal Trainer

One hour **£25.00**

Special Offer
6 sessions for the price of 5!