

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Mon				Supervised				Pulse				Supervised			
Tue		Pulse						Pulse				Supervised			
Wed				Supervised					Fit 4 Teen			Pulse			
Thur			Pulse						BACR						
Fri				Supervised				Pulse				Supervised			
Sat	Closed			Supervised										Closed	
Sun	Closed			Supervised											Closed

	Closed / No Access
	Supervised - Instructor available
	Pulse - GP Referral Scheme
	BACR - Cardiac Rehabilitation
	Fit 4 Teen - Gym for 14-16 year olds

Inclusive Memberships by Direct Debit		
Gold - Loyalty	£29.50	Includes FREE gym induction, FREE exercise classes and 1 FREE 15min Powerplate session per month
Gold - Uncommitted	£36.00	
Discounted - Loyalty	£23.60	
Discounted - Uncommitted	£28.80	

Session Fees	
Gym / Gold	Free
Swim/PAYG	£4.40
PTL	£3.20
Non Member	£5.60