

Ottery St. Mary Leisure Centre

# Gym Timetable

## HEALTH & FITNESS

**Gym equipment: Designed to provide the definitive workout.**

- 3 Treadmills
- 2 Cross Trainers
- 2 Concept II Rowers,
- 1 Recline and 2 Upright Cycles
- Arm Ergometer.
- The LifeFitness 'Signature' range of resistance stations includes:
  - Dual Adjustable Pulley
  - Shoulder Press
  - Leg Extension
  - Leg Curl
  - Row Deltoid
  - Lat Pull-Down
  - Chest Press



## How to find us...



## Rehabilitaion programme:

PULSE: A 12 week GP referral programme, with all sessions supervised by members of the gym team. PULSE participants can take advantage of gym sessions, Walking Circuits and PULSE Swims. Speak to one of our gym team for further information about the PULSE programme.

# Gym Timetable

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
<b>MONDAY</b>			School 08.50 - 10.50		School 11.10 - 12.10			PULSE 13.30 - 14.30							
<b>TUESDAY</b>			School 08.50 - 09.50		School 11.10 - 12.10		School 13.10 - 14.10								
<b>WEDNESDAY</b>			School 08.50 - 09.50	Body Conditioning 09.50 - 11.00				PULSE 13.30 - 14.30	School 14.30 - 15.30						
<b>THURSDAY</b>				School 09.50 - 10.50			School 13.10 - 15.30								
<b>FRIDAY</b>				School 09.50 - 10.50	School 11.10 - 12.10			PULSE 13.30 - 14.30	School 14.30 - 15.30						
<b>SATURDAY</b>															Closed
<b>SUNDAY</b>															Closed

**School Use Only:**  
Closed to the public

**School Use Only from:**  
05/09/11 - 24/10/11

**School Use Only from:**  
31/10/11 - 10/02/2012

**Pulse Sessions**

**Fitness Classes**

**Gym Open**

**Gym Closed**

**Ottery St. Mary Leisure Centre**  
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