

Gym Timetable

Exmouth Tennis & Fitness Centre

Comprising of 21 modern Life Fitness cardiovascular and resistance stations. Each cardiovascular station has its own touchscreen with TV and iPod dock.

Equipment:

- Treadmills
- Upright Cycles
- Cross Trainers
- Summit Trainers
- Concept II Rowers
- Powerplate
- Recumbent Cycle

The LifeFitness signature range of resistance stations include a Dual Adjustable Pulley system and a range of machines designed to exercise the whole body.

The free-weights section includes two weights benches with a good range of dumbbells, swiss balls and medicine balls along with a variety of Powerbags and Kettlebells to add something new to your workout!

POWER PLATE © AUTHORIZED CENTRE is a fitness machine with a difference. It will give your body the equivalent of an all over 60 minute workout in the fraction of the time. It can also be used to improve strength, tone and flexibility, bone density or just to massage those aching muscles!

Teen Gym sessions are designed for 11 – 15 year olds. The sessions give teenagers the opportunity to follow personalised programmes in safe and supervised sessions

Combine all of this with our three friendly and experienced gym instructors all additionally qualified as personal trainers to help motivate and inspire your workout with something that little bit different – you have a gym you'll just want to keep coming back to!

Exmouth Leisure Centre

Equipment:

- Treadmills
- Cross Trainers
- Concept II Rowers
- Recline & Upright Cycle Bikes
- Stepper

The 'Life Fitness Signature' range of resistance stations include a Dual Adjustable Pulley; this is complimented by a wide range of free weights.

Swiss balls, mats and other warm up / stretching equipment available.

Cardiovascular stations have inbuilt TV screens with 'Free View' channels. There are also two large wall mounted televisions, so that you won't miss a moment of your favourite TV show or sports event.

Please note:

All gym users require an induction. The minimum age to use the gym is 16 years old, unless attending 'Teen Gym' sessions; please see reverse for more information.

Exmouth Tennis & Fitness Centre - Gym Timetable

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY			Supervised						Teen Gym		Supervised		Supervised		
TUESDAY													Supervised		
WEDNESDAY			Supervised						Teen Gym						
THURSDAY			Supervised									Supervised			
FRIDAY									Teen Gym						
SATURDAY				Teen Gym											
SUNDAY															

Supervised: An instructor is available to assist you

Teen Gym: For those ages 11 - 15 years old

Gym Open: The gym is open for general use

PULSE: The gym is open for general use whilst the Pulse GP referral scheme is running

Gym Closed: The gym is closed

Cardiac Rehab: The gym is only open to those on the Cardiac Rehab programme

Exmouth Leisure Centre - Gym Timetable

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY											Supervised				
TUESDAY			PULSE						Teen Gym		Supervised				
WEDNESDAY												Supervised			
THURSDAY			PULSE	Cardiac Rehab					Teen Gym			Supervised			
FRIDAY															
SATURDAY															
SUNDAY															

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