

Axminster Leisure Centre

Gym Timetable

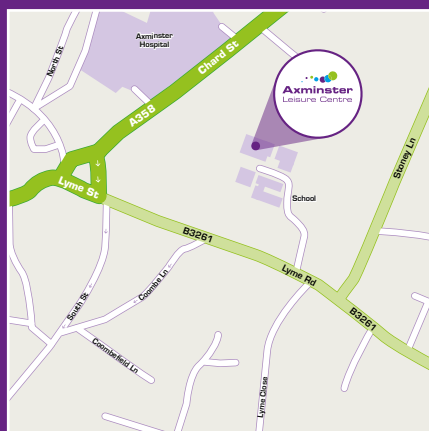
Health & Fitness

Gym: designed to provide the definitive workout.

- 3 Treadmills
- 2 Cross Trainers
- 2 Steppers
- 4 Bikes (2 x Recline & 2 x upright)
- 2 x Rowers
- 1 Top XT
- DAP, assisted chip up, Smiths machine, shoulder press, lat pull down, seated row, leg extension, leg curl, free weights (bars and dumbbells)
- Stability ball



How to find us...



Please note: All gym users require an induction. The minimum age to use the gym is 16 years old. However Teen Gym sessions are available for 14 – 15 years old

www.ledleisure.co.uk

Axminster
Leisure Centre

Gym Timetable

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

Closed / No Access

Open
The gym is open

Supervised
The gym is open and is supervised

Pulse
The gym is closed for the GP referral scheme

School Use Only
The gym is closed for this session

Cardiac Rehab
The gym is closed for this session

Teen Gym
For those aged 14 – 15 (Closed to the public – term time only)

Circuits
The gym is closed for this session

Axminster Leisure Centre

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