



Cheryl, Alex, Simon & Warwick

EXMOUTH SWIMMING AND LEISURE

Fit4 Gym comprises 35 modern LifeFitness cardiovascular and resistance stations.

Equipment

5 Treadmills, 5 Cross Trainers, 4 Concept II Rowers, 2 Recline and 4 Upright Cycles and 2 Steppers. Each cardiovascular station has its own TV screen. There are also two large flat screen televisions in the fitness suite, so that you won't miss a moment of your favourite TV show or sports event! The LifeFitness 'Signature' range of resistance stations includes Dual Adjustable Pulley, and is complimented by a wide range of free weights.

EXMOUTH TENNIS AND LEISURE CENTRE

Fit4 Gym comprises 21 modern LifeFitness cardiovascular and resistance stations.

Equipment

3 Treadmills, 2 Cross Trainers, 2 Concept II Rowers, 1 Recline and 2 Upright Cycles and 2 Summits. Each Cardiovascular station has its own touch sensitive TV screen and iPod Dock. There is 1 large flat screen television on view at all times. The resistance stations include a Dual Adjustable Pulley system, a variety of resistance machines (including 2 abdominal machines) and 2 benches with a good range of free weights.

PULSE - (Exmouth Swimming and Leisure only)

Pulse is 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 Health & Recreation Officers for further information about the PULSE programme.

Cardiac Rehab - (Exmouth Swimming and Leisure only)

Cardiac Rehabilitation sessions are run by a Cardiac Nurse, and supported by members of the gym team. There is a weekly session in the gym and a Walking Circuit in the dance studio.

Fitness Assessments

Find out your strengths and weaknesses as we check your blood pressure, resting heart rate, height, weight, flexibility, body fat %, hydration levels, peak flow, lung efficiency, strength and your predicted VO2 Max. For more information, talk to one of our instructors.

Gym Challenge

Take part in a variety of gym challenges including gym triathlons, fastest 2000m rowed and how high can you climb on the stepper.

How to find us



Exmouth Sports Centre Fitness Suite Timetable

	7 - 8am	8 - 9am	9 - 10am	10 - 11am	11 - 12pm	12 - 1pm	1 - 2pm	2 - 3pm	3 - 4pm	4 - 5pm	5 - 6pm	6 - 7pm	7 - 8pm	8 - 9pm	9 - 10pm
MON		PULSE						PULSE		Supervised					
TUE		PULSE													
WED		PULSE													
THUR		PULSE	CR					PULSE		Supervised					
FRI		PULSE													
SAT	Closed												Closed		
SUN	Closed														

Open

Closed

PULSE GP Referral Scheme

CR Cardiac Rehab - Closed

Exmouth Tennis Centre Fitness Suite Timetable

	7 - 8am	8 - 9am	9 - 10am	10 - 11am	11 - 12pm	12 - 1pm	1 - 2pm	2 - 3pm	3 - 4pm	4 - 5pm	5 - 6pm	6 - 7pm	7 - 8pm	8 - 9pm	9 - 10pm
MON	Closed										Supervised		Supervised		
TUE											Supervised		Supervised		
WED	Closed														
THUR															
FRI	Closed														
SAT	Closed														
SUN	Closed														

Open

Closed

Supervised Instructor Available