

Technogym Fitness Suite... your friendly community gym, supplying the needs of the beginner through to the seasoned trainer with prices to suit all. The fitness centre was designed with the whole community in mind. The centre is furnished with the latest computerised cardiovascular and resistance machines, produced by the main leading manufactures Technogym. Combine this with our television, video and audio sound facilities we can proudly boast a centre for everyone.

INDUCTION & MEMBERSHIP...

When wishing to become a member you must book an induction. During this session you will receive instruction from one of our qualified gym instructors on how to safely and correctly use the equipment. With consultation with our trained staff we can advise and design an individual fitness programme to try to meet your wellness needs.

JUNIORS...

If you're aged 14 or over you can attend any session if accompanied by an adult who has received an induction (Juniors MUST also receive an induction).



PRICE CHECK...

Please take advantage of our excellent monthly prices to ensure you gain the best possible value for money.

Also look out for our fantastic offers which run throughout the year.

Induction	£ 10.00	(£ 5.00 concessions)
Monthly Pass	£ 16.00	(£ 12.00 concessions)
12 months up front (Includes free induction)	£ 160.00	(£ 120.00 concessions)
Fitness Programme (Paper)	FREE	
Fitness Programme (Key)	£ 5.00	

INDUCTION TIMES – Monday's 7.30pm & 8.00pm
 - Wednesday's 7.30pm & 8.00pm
 - Saturdays & Sunday's 10.30am & 11am



FITNESS PROGRAMME

As from
Monday 22nd April 2013

<i>Monday</i>	3.00pm – 5.00pm 5.00pm – 10.00pm	Students/Staff Community
<i>Tuesday</i>	3.00pm – 5.00pm 5.00pm – 10.00pm	Staff ONLY Community
<i>Wednesday</i>	3.00pm – 5.00pm 5.00pm – 10.00pm	Students/Staff Community
<i>Thursday</i>	3.00pm – 5.00pm 5.00pm – 10.00pm	Staff ONLY Community
<i>Friday</i>	3.00pm – 5.00pm 5.00pm – 10.00pm	Students/Staff Community
<i>Saturday</i>	9.00am – 5.00pm	Community
<i>Sunday</i>	10.00am – 9.00pm	Community

*Hours may vary during school holiday periods.

Last admission 1hr before closing

“Best Value Local Gym”

LOCATION...

10 Minutes walk from Ellesmere Port Train Station

5 Minutes walk from Central Bus Station

5 Minutes drive from Junction 5, M53

5 Minutes drive from Cheshire Oaks

10 Minutes drive from Chester

5 Minutes drive from the A41