



## WOMBOURNE LEISURE CENTRE

### PAY AS YOU GO GYM

The equipment in the Fitness Suite has been chosen to offer you a varied programme, which exercises all major muscle groups as well as improve overall fitness. Staff are available to offer advice and to monitor and test your progress. The Fitness Suite is only open to those over 16 years old

<b>FITNESS SUITE</b>	The wide variety of equipment can assist in improving cardiovascular fitness, strength and body tone
<b>INDUCTION</b>	Let us introduce you to the Fitness Suite and equipment.
<b>PERSONAL TRAINING</b>	One to one session. Fitness testing and nutrition advice.
<b>FITNESS TEST</b>	A personal plan is created and your progression assessed
<b>50+ FITNESS</b>	A session for the over 50's, fully supervised by a qualified instructor.
<b>EXERCISE REFERRAL</b>	Designed for individuals with health related complaints who's condition could benefit from regular exercise as part of their lifestyle. Contact your local G.P or Practice Nurse at Dale Medical Practice, Tamar or Lakeside Medical Centre or Gravel Hill Surgery
<b>BODYWATCH</b>	A 12 week monitored programme of exercise specifically tailored for your needs and preferences. Includes a lifestyle & Fitness Assessment prior to and on completion of programme.
<b>BODYWATCH MOT</b>	Like cars, our bodies also need regular checks. Why not book in for a complete Lifestyle and Fitness Assessment Test?

## TIMETABLE

<b>MONDAY</b>	07.00-22.30	Fitness Suite	
	09.30-10.30	Induction**	Instructor – Barry
	10.00-12.00	50+ Session	
	13.30-14.30	Induction**	Instructor – Linda
	19.00-21.00	Induction**	Instructor – Barry
<b>TUESDAY</b>	07.00-22.30	Fitness Suite	
	09.30-12.30	Induction	
	10.00-12.00	50+ Session	
	18.00-21.00	Induction**	Instructor – Gary/Barry
<b>WEDNESDAY</b>	07.00-22.30	Fitness Suite	
	09.30-10.30	Inductions	
	10.00-12.00	50+ Session	
	19.00-21.00	Induction**	Instructor – Gary
<b>THURSDAY</b>	07.00-22.30	Fitness Suite	
	09.30-12.30	Inductions	Instructor - Barry
	10.00-12.00	50+ Session	
	19.00-21.00	Induction**	Instructor – Barry
<b>FRIDAY</b>	07.00-22.30	Fitness Suite	
	09.30-10.30	Inductions	
	10.00-12.00	50+ Session	
	11.30-12.30	Induction**	Instructor – Barry
<b>SATURDAY</b>	08.00-20.00	Fitness Suite	
<b>SUNDAY</b>	08.00-20.00	Fitness Suite	
	10.00-13.00	Induction**	Instructor- Barry

\*\*Booking Essential – Inductions available at these times in 1 hour slots

## PRICE

	PRIVILEGE MEMBER		NON MEMBER	
	PEAK	OFF PEAK	PEAK	OFF PEAK
<b>FITNESS SUITE</b>	£4.00	£3.40	£4.90	£4.10
<b>INDUCTION</b>	£12.90	£12.90	£13.60	£13.60
<b>FITNESS SUITE</b>	Call for details			
<b>50+</b>	£2.50	£2.50	£2.80	£2.80
<b>EXERCISE REFERRAL</b>	£22.70	£22.70	£22.70	£22.70
<b>PERSONAL TRAINING</b>	Call for details			

\*Off Peak = 10am – 5pm

## WOMBOURNE LEISURE CENTRE

Ounsdale Road, Wombourne, WV5 8BJ

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[www.sstaffs.gov.uk/leisure](http://www.sstaffs.gov.uk/leisure)

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Community Services

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