

# The Gym .....pay-as-you-go or membership options

Whatever your health and fitness goals, you can achieve them at Sir David English Sports Centre where you'll find our friendly, experienced health and fitness team ready to help you achieve your fitness goals. Whether you are a complete novice or an experienced gym user, they will tailor your personal exercise programme to your needs and experience.

The well laid out gym is light and bright with 30 pieces of equipment to suit all your needs.

## Resistance Machines



A combination of fixed equipment and dual pulley cable machines to help you tone and strengthen your muscles.

## Free Weights



Featuring: **Barbells, Dumbbells TRX Training Kit** Which will help you tone and strengthen your muscles.

## Cardiovascular Equipment



**Cross Trainers Treadmills Upright and Recumbent Bikes Full Body Arc Trainers**  
All guaranteed to get your pulse racing and giving you a great cardio workout.

## Stretch



The stretch area is designed for specific exercises or stretching. Specialist equipment available to enhance your workout including **Fit Balls, Bosu Balls, Medicine Balls Stability Pads and Rollers**

To use the Gym please choose the induction that suits your needs.

### Gym Induction

Following a short health screening, one of our friendly and professional fitness instructors will design an effective and personally tailored gym routine for you based on your health and fitness goals, aspirations and current fitness levels to give you a motivating yet challenging workout. So whether you are a complete beginner or experienced gym user, book in today to ensure you are making the most out of your workouts.

### Fast Track Gym Induction

For Experienced gym users who want to start using the gym immediately. One of our friendly and professional fitness instructors will complete a short health screen with you and following that you can use the gym.

### Programme Reviews

Available free of charge at any time if you require assistance, fancy a change or want to learn some new techniques to help exceed your goals.



## Gym Opening Times

Monday – Friday 7.00am – 9.30pm Saturday 9.00am – 5.00pm  
Sunday (Sept-April) 9.00am – 9.00pm Bank Holidays 10.00am – 5.00pm  
Sunday (May-Aug) 9.00am – 5.00pm  
(Last entry one hour before gym closing time)

## 'Pay As You Go' Price List

Includes Gym, Sauna and Steam Room for 1½ hours inclusive

### ADULTS

Induction	£5.80	Gym Entry	£5.80
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### STUDENT

Induction	£3.50 Daytime & Weekends
Induction	£5.80 Weekdays after 5pm
Gym Entry	£3.50 Daytime & Weekends
Gym Entry	£5.80 Weekdays after 5pm

Students must be over 16 years of age and in full time education.



## Cutting Edge Training Techniques

Boost your fitness with a Personal Trainer

One hour **£27.50**

**Special Offer**  
**6 sessions for the price of 5!**

Ask at Customer Service for details

