

Let's Get Moving

Exercise options for people living with certain health conditions such as high blood pressure, diabetes, joints and back injuries and weight issues.

Join our 12 week discount support programme.

For only **£7.50** you will be entitled to 12 weeks of discounted prices when using the gym, sauna and steam room plus a one-to-one gym induction and a personal programme.

To get involved, please ask your GP for further details or contact the centre on 01202 437800.



Sauna and Steam

Refresh, Relax, Revitalise

Take time out to relax in the Sauna and Steam Room, leaving you feeling totally refreshed.

Opening Times

Monday – Friday	7.00am – 9.30pm
Saturday	9.00am – 5.00pm
Sunday (Sept - April)	9.00am – 9.00pm
Sunday (May - Aug)	9.00am – 5.00pm
Bank Holidays	10.00am – 5.00pm

Last entry is one hour before closing time.

The Sauna and Steam Room is included within a Gym Session at **NO EXTRA COST**

Enjoy on a
'Pay As You Go'
basis
Only **£5.80**
per session

