

# GENERAL INFO

## OPENING TIMES

The centre is open from 9am - 11pm Monday to Saturday & 9am to 10.30pm on Saturday & Sundays.

The Lifestyle Fitness Suite opens Mon to Fri 6.45am to 11.00pm & Saturdays & Sundays 6.45am—7.00pm .

## OFF PEAK RATES

These discounted rates apply to all facilities during the following times:

*Function Hall, Sports Hall and Snooker tables*

Monday - Sunday 9am - 5pm

## BOOKINGS

Centre Members may book by person or by telephone 7 days in advance from 9am.

Non-members may book 2 days in advance from 9am.

**Booking line (01245) 224515**

## CANCELLATIONS

The full charge is liable for any cancellations within 24 hours of the allocated time. This will not apply if we are able to re-book your slot.

## NON-MEMBERS

A day membership of £1.00 applies to both spectators and sporting users. Under 5 years or an adult supervising a child who is attending a course are excluded from this charge.

# CENTRE PRICES

## CENTRE MEMBERSHIP

This yearly fee gives value for money to the regular attender and offers a host of benefits.

### JOINING FEE

	RESIDENT	NON-RESIDENT
ADULT	£15.00	£18.00
FAMILY (1 OR 2 ADULTS & ALL CHILDREN UNDER 18)	£42.00	£52.00
JUNIOR/S CITIZEN	£8.00	£10.00
LIFE	£50.00	£60.00

For further details please pick up the membership leaflet.

## LIFESTYLE FITNESS SUITE

Lifestyle boasts the latest Life Fitness resistance and cardiovascular equipment. This includes 5 Upright bikes, 2 Recumbent bikes, 6 Cross-Trainers, 3 Steppers, 6 Treadmills, 2 Concept II rowers, free weights and approx 10 resistance machines. This state of the art equipment allows you to enjoy your workout at any level and achieve the results you are looking for.

## PRICES

### ADULT

£15.00 (Resident) Annual Membership fee  
 £18.00 (Non Resident) Annual Membership fee  
 £25 Induction (**This fee is waived if you take out a Direct Debit for a minimum 12 months**)

### JUNIORS

£8.00 (Resident) Annual Membership fee  
 £10.00 (Non Resident) Annual Membership Fee  
 £10.00 Induction

Per session Adult	£7.00
Per session Junior Off peak	£3.50
Per session Junior Peak	£4.50
All Inclusive (gym & classes)	£32.00
Direct Debit Junior	£22.00
Direct Debit Adult	£27.00
Direct Debit Joint	£47.00
Direct Debit Family	£62.00
Fitness Assessments	£20.00

## FUNCTION RATE

	OFF PEAK	PEAK
	per hour	
Sports Hall	£22.00	£31.00
Large Hall	£17.00	£22.00

## SPORTS HALL

The hall is an excellent facility and is ideal for Badminton and parties.

Badminton	£8.00	£8.00
Table Tennis	£5.00	6.00

## SNOOKER

We have two full size tables. You have to be Centre Members and Juniors (under 18) need to obtain a playing permit to use the tables. Adult members may sign guests in.

Snooker £3.00

A £1.00 deposit is required for the snooker balls.

## OTHER ACTIVITIES

Body Conditioning	Mon 9:30-10:30am	£3.70*
Belly Dancing	Mon 10.45-11.45am	£5.50*
Multi Sports Club	Mon 2.00-4.00pm	£4.00*
Yoga	Mon 1.30-2.30pm	£5.50*
Ladies Dance Class	Mon 7.15-8.15pm	£4.00*
Ladies Dance Class	Mon 8.30-9.30pm	£4.00*
Circuit Training	Mon 7.00-8.00pm	£3.70*
Pilates (Mini Ball)	Tues 9.30-10.30am	£4.50*
Pilates	Tues 10.45-11:30am	£4.00*
Carpet Bowls	Tues 2.15-4.15pm	£2.70*
Pilates	Tues 7.00-8.00pm	£4.50*
Core Training	Weds 9.30-10.30am	£3.70*
Spinning	Weds 10.45-11.30am	£6.00*
Exercise & Dance	Weds 2.00-3.00pm	£3.70*
Trim & Tone	Weds 7.00 –8.00pm	£3.70*
Cardio Kick	Thurs 10.30-11.30am	£3.70*
Pilates	Thurs 11.30-12.30pm	£4.50*
Spinning	Thurs 7.05-7.50pm	£6.00*
Body Blitz	Fri 9:30 - 10:30am	£3.70*
Pilates	Fri 10.45-11.30am	£4.00*

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## CLUB USE

The centre has a number of clubs. These include, Karate, Snooker, Badminton, Bridge & a Pre-School group every morning, We also have a WI & Farmers Market and much more. Please see our Club Activities notice board for more details.

## HALL HIRE

We have two function halls. Our large hall is licensed for up to 100 people and is fully air conditioned and is ideal for wedding receptions, birthday parties, anniversaries, in fact any reason for a celebration. We have adequate supplies of tables and chairs with adjoining door to our bar, what could be better?

We have a kitchen facility that is available, either for your own catering or a caterer. In some cases there is a small charge for this facility.

If you have a larger function in mind, maybe a country & western evening, a charity ball, or a club quiz night, then why not use our sports hall. This is licensed for 300 people and has a bar area already set up.

Please enquire at reception for more details.

We can also cater for business functions, such as training, presentations, meetings, seminars or conferences.

The Centre is very proud of the Lifestyle Fitness Suite. It has the latest Life Fitness resistance machines and Cardio-vascular equipment .

We have 6 treadmills, 7 cycles, 6 Cross Trainers, 3 Steppers and 2 Concept II rowing machines. Our resistance equipment works all your muscle groups.

To help keep you motivated whilst you work out there is cardio theatre entertainment, Freeview TV , audio equipment and air conditioning.

Our coaches Arthur, Steve, Rachel & Paul will get you on the right track with a one hour induction. During this time they will show you how to use the equipment and create a personal workout programme to suit your needs.

Once you have had your induction you can use the fitness suite at any time but, it is advisable to book in for evening sessions.

Below are the times when our coaches are in the Gym.

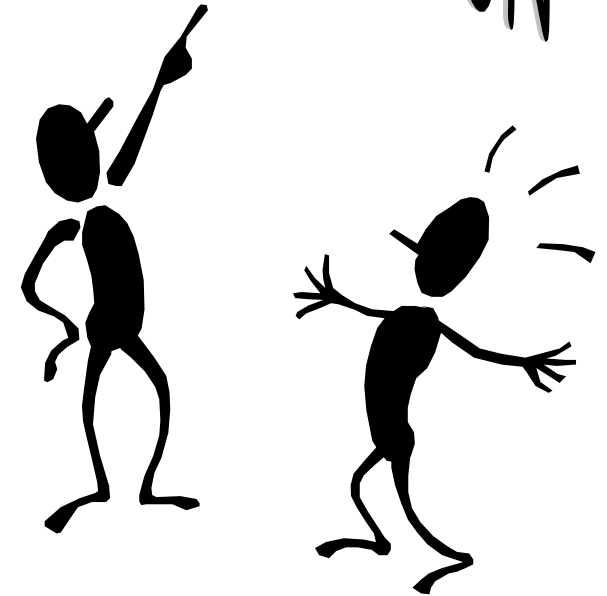
Monday	9-1.00pm	5.00 -10.00pm
Tuesday	9-1.00pm	5.00 -9.00pm
Wednesday	9-1.00pm	5.00 -9.00pm
Thursday	9-1.00pm	5.00 -8.00pm
Friday	9-1.00pm	
Saturday	9-1.00pm	

Aside from helping you with your workout our coaches are on hand to discuss nutritional needs and offer advice on the benefits of balanced and healthy eating. We believe that our Fitness Suite is one of the best in the area. Why not come and give it a try!

Danbury Community Association (Trust) Ltd  
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# INFORMATION



**DANBURY COMMUNITY ASSOCIATION  
(TRUST) LIMITED**

**SPORTS & SOCIAL CENTRE**

**01245 224515**

Registered in England and Wales. 4670561  
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