

LIFESTYLE GYM

EQUIPMENT

Lifestyle boasts the latest Life Fitness resistance and cardio-vascular equipment. This includes 5 Upright bikes, 2 Recumbent bikes, 6 Cross-Trainers, 3 Steppers, 6Tread-mills, 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.

MOTIVATION

Exercise is fun and rewarding. Our trained coaches Arthur & Chris are on hand to offer you advice and support. There are several supervised sessions where our coaches are available to assist you. Also the installation of Cardio theatre and Sky TV, audio equipment and air conditioning makes the experience all the more enjoyable.

GETTING STARTED

To use the equipment safely you will need to complete an induction and a health questionnaire which will assist the coach in understanding your personal needs.

INDUCTION

This induction will take no more than 1 hour and during that time, a personalised exercise programme will be designed to meet your requirements.

A workout card detailing your personal programme will be provided. Please leave this in the Gym filing system at the end of your workout.

We do ask you to book in advance if you are planning your first visit to Lifestyle.

JUNIORS

Lifestyle users aged 12 &13 years are permitted to use the cardio-vascular equipment only and only when an Instructor is on duty or their parent/guardian is with them.

Users over 16 years old may use all of the equipment.

OPENING TIMES

Monday - Saturday 7.00am— 11.00pm
Sundays 7.00am—10.30pm

INDUCTION TIMES

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 4.00-8.00pm
Friday 9-1.00pm
Saturday 9-1.00pm

PRICES

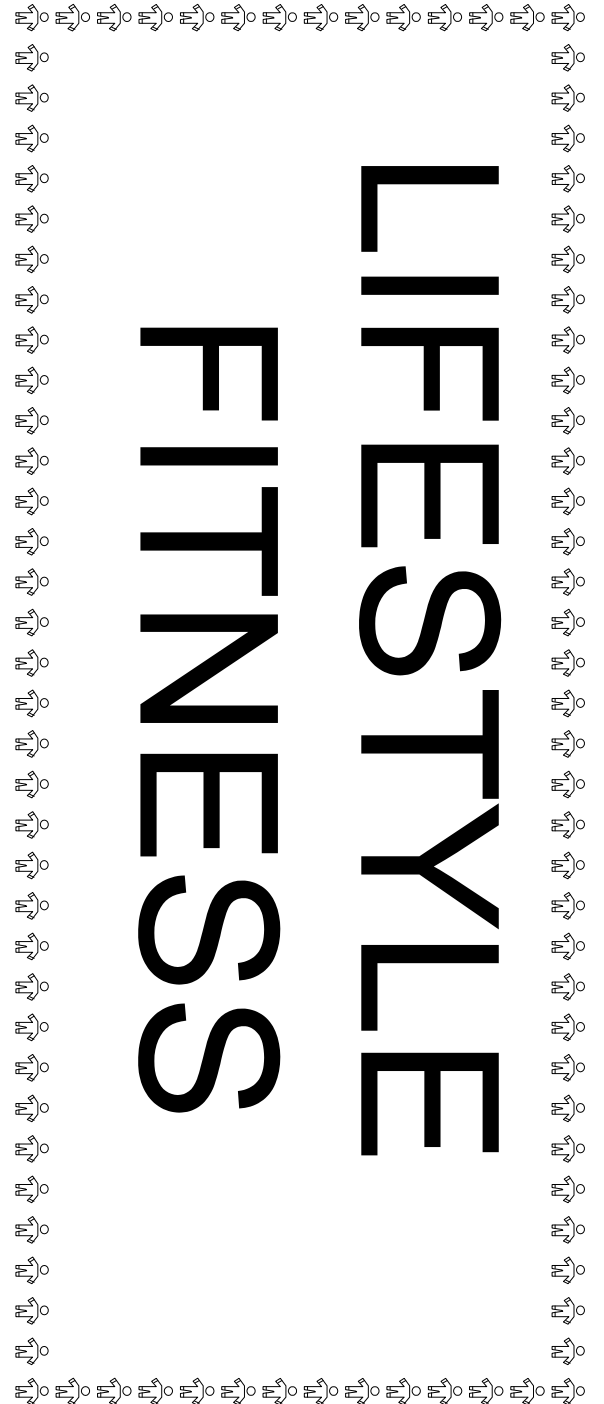
ADULT

£12.50 (Resident) Annual Membership fee
£15.50 (Non Resident) Annual Membership fee
£25 Induction
(This fee is waived if you take out a standing order for a minimum of six months)

JUNIORS

£7.00 (Resident) Annual Membership fee
£9.00 (Non Resident) Annual Membership fee
£7.50 Induction

Per session Adult £6.00
Per session Junior Off peak £3.00
Per session Junior Peak £4.00
Single Standing Order Monthly £25.00
Joint Standing Order Monthly £45.00
Family Standing Order Monthly £55.00
Fitness Assessments £20.00
Program re evaluations FREE



LIFESTYLE FITNESS SUITE

FITNESS ASSESSMENTS

These are used as a measuring tool to see how your fitness is progressing. The assessments take about 45 mins and the assessment consists of :

- *Blood pressure
- *Body fat%
- *Lung efficiency
- *Grip strength
- *Aerobic fitness
- *Flexibility
- *Postural endurance

It is important that you don't drink any tea, coffee, alcohol or smoke before the assessment as these can have an effect on your blood pressure and your results. Once these results have been obtained a more detailed fitness programme can be drawn up for you.

The price is £20.00

It is important that you have one every 6-8 weeks to make sure that you are improving
And the next one will be **FREE**

ENJOY THE BENEFITS

Cross training between lifestyles cardio-vascular and resistance equipment for just 30 minutes, 3 times a week can produce outstanding results.

- ⇒ Reduces body fat
- ⇒ Increases circulation
- ⇒ Increases aerobic fitness
- ⇒ Improves body tone, line and posture
- ⇒ Reduces stress and tension
- ⇒ Increases joint mobility
- ⇒ Increases metabolism
- ⇒ Normalises blood pressure
- ⇒ Reduces risk of heart disease

OFFERING YOU THE TOTAL BODY WORKOUT

It doesn't matter how old you are or how out of condition, you will benefit from regular exercise. Make a point of looking after yourself now and you'll live life to the full.

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LIFESTYLE

