

WELCOME TO YOUR JUNIOR MEMBERSHIP

YOU NOW HAVE ACCESS TO UNLIMITED.....

GYM

ACROSS 3 SITES



- Gym
- HiIT Studio
- Spin Studio
- Classes



- Gym
- Swim
- Classes



- Gym
- Classes
- Spin Studio



TO GET YOU STARTED... YOU RECEIVE AN INDUCTION WITH A MEMBER OF OUR FITNESS TEAM

Please book in at reception at the site of your choice



ADVICE AND SUPPORT FROM OUR FITNESS TEAM WHENEVER REQUIRED

Just speak to one of our gym team



ACCESS TO THE GYMS FROM OPENING TILL 5.30PM AT ALL SITES

Access after 5.30pm if the junior attends with an adult member

(minimum age for the adult member is 18)

CLASSES

Group exercise classes are the perfect way to introduce variety into your workout, while still helping you achieve those all-important fitness goals.

Choose from, Indoor Cycling, Zumba, Meta-Fit, Cardio Abs & Yoga... and loads more!

Access to non-weight bearing classes from the age of 14 excludes body pump, body conditioning, any hiit classes, kettlebell workout

Access to weight bearing classes from the age of 16, if accompanied by a parent/guardian includes body pump & body conditioning.

If you would like to attend a class please speak to one of our members of staff at any of centres.

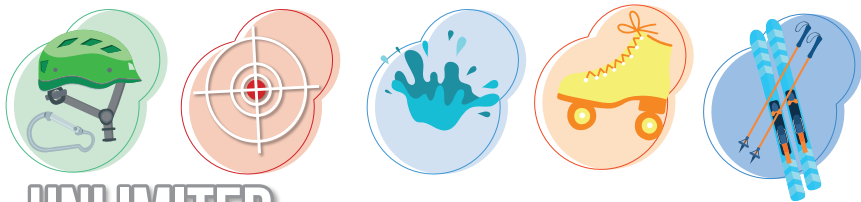
FOR THE LATEST CLASS
TIMETABLES

WWW.RLTRUST.CO.UK/CLASSES

ENERGISE BOLT-ON

£12 A MONTH

For only an extra £12 a month you can upgrade your junior membership with an Energise adventure pass.



UNLIMITED

CLIMB, LASERTAG, FUN SWIM, ROLLER SKATING, SKIING & SNOWBOARDING

FIND OUT MORE: WWW.RLTRUST.CO.UK/ENERGISE-PASS

Terms & Conditions

Under 14's are not permitted to use free weights, smith machine or the cable machine's. Over 14's have to be regulated on a program before they can use the free weights, smith machine and cable machine's

You only use the machines that you have been shown how to use by one of our fitness team.

Avoid gathering in large groups around machines, you will always get more done in a workout when using machines in pairs, maximum three.

Mobile phones may be used as a source of music. However, texting and calling is forbidden with in the gym and may only happen in emergency circumstances.

Move off machines during the rest periods in between your set so other members may access the machine. Again working in pairs would mean someone can rest whilst the other is working..

Strictly no throwing of fit balls, medicine balls and kettlebells

Any swearing will not be tolerated.

Use the machines correctly and do not misuse them in a way that could cause harm to yourself and others.

For you to have fun and enjoy a safe effective work out and to remember to ask the instructors for help with new and varied exercises, we are here to help.

If any of the above rules are broken the fitness team hold the right to ask the junior member to leave the gym for the remainder of that session. Persistent breaking of these rules over a period of time may result in the junior member being asked to leave and have their membership revoked.

SWIM

ACCESS TO TWO SWIMMING POOLS AT MARL PITS & WHITWORTH LEISURE CENTRE.

No need to book, just turn up to any public swim session



100%

of our profits go back into **local** leisure & community