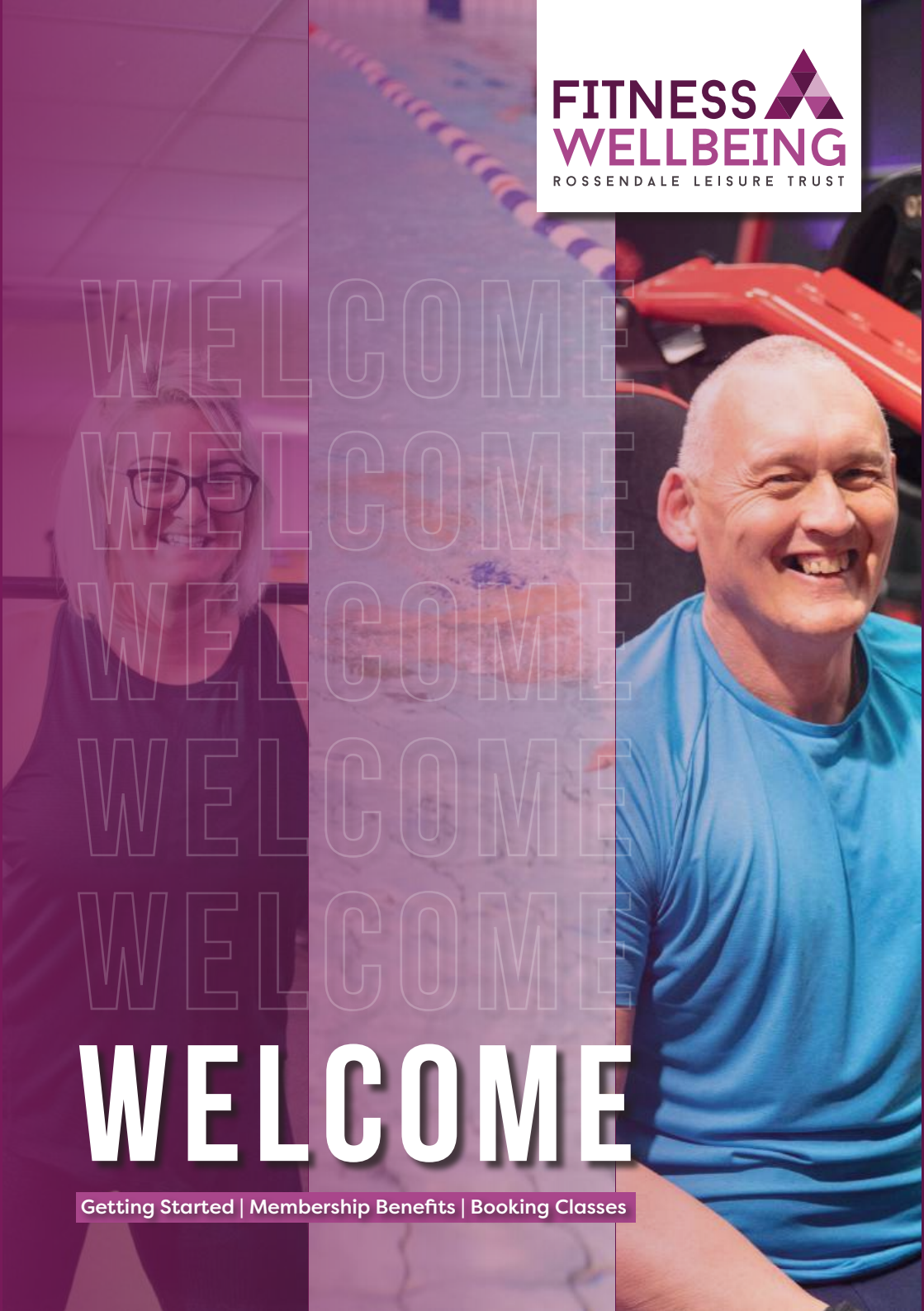
FITNESS WELLBEING
ROSSENDALE LEISURE TRUST



WELCOME

Getting Started | Membership Benefits | Booking Classes

YOUR MEMBERSHIP

Welcome to your membership with Rossendale Leisure Trust! With your membership, you have unlimited access to our three gyms in Rossendale. Take a plunge into our refreshing swimming pool and explore a diverse range of fitness classes, with over 100 classes per week to choose from. **Start your journey to a healthier, happier you!**

Adrenaline, Haslingden BB4 4DN

- Gym
- Hiit* Studio
- Spin Studio
- Fitness Classes
- Crèche Classes

*Hiit = High Intensity Interval Training

Marl Pits, Rawtenstall BB4 7SN

- Gym
- Swimming Pool
- Fitness Classes

Pioneer, Bacup OL13 0BW

- Gym
- Spin Studio
- Fitness Classes
- Crèche Classes

YOUR MEMBERSHIP

YOUR MEMBER BENEFITS

We want you to get more for your money with our fitness membership. That's why we offer a variety of membership benefits, including:

Free work out plans from our trained instructors
Our dedicated fitness team can customise a workout plan tailored to your specific fitness goals and lifestyle.

50% off courhire - Badminton, Short Tennis & Pickleball
Get 50% off court hire for up to four people as part of your membership. Enjoy badminton, pickleball, or short tennis while staying active and having fun with friends. A great way to socialise and keep fit!

To book your court at the discounted price, please call Adrenaline on 01706 227016. Location: Adrenaline, Haslingden

Crèche fitness classes
Bring your little one along to your workout session. Please note that you are responsible for supervising your child during these classes

50% off Grip & Go - Indoor climbing centre
Monday-Thursday evenings we offer our members and their immediate family discounted climbing sessions at Adrenaline, the home of Grip & Go. To book this session call Adrenaline on 01706 227016.

Access to Active Network
Free access to 15 leisure centres across East Lancashire, including:
• Blackburn & Darwen • Burnley • Padiham
• Hyndburn • Craven • Roefield
15 gyms, 10 swimming pools, 2 fun pools and over 350 classes per week
For more info - www.rltrust.co.uk/activenetwork

GETTING STARTED

As part of your membership you can book a **series of consultations with our fitness team** to help you along your fitness journey. You can book these in centre with our reception team.

CONSULTATION

Have our fitness team familiarise you with the gym kit, discuss your fitness goals and take your measurements & weight*. *if you would like

PROGRAMME

The Programme appointment will include a personalised programme to suit your goals. Your fitness instructor will guide you through the exercises in your programme and help with any questions you may have.

EDUCATIONAL

This aim of this session is to focus on any area for development. For example: nutritional advice, using free weights, stretching exercises or how to use the interactive screens on the cardio kit.

REVIEW

At this session the fitness team will discuss how the programme is working for you and if you have achieve your goals. This is a great place to discuss if the plan worked for you and your next steps.

GETTING STARTED

OVER 100 FITNESS CLASSES

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

Whether you're **aiming for strength, flexibility, or endurance,** we've got you covered with an variety of options, including Les Mills classes, HiiT, Pilates, Yoga, Indoor Cycling, Zumba, and much more!

Plus, for mums who want to incorporate their little ones into their fitness journey, we offer crèche classes.

To view our class timetables visit our website: www.rltrust.co.uk/classes

HOW TO BOOK YOUR CLASSES ONLINE

1. First, create your account: www.rltrust.co.uk and select the "Book Now" tab. You will need to use the email address you provided on sign up. If you are unsure of your membership card number, please contact one of our reception team who will be happy to help.

2. Now you have created your account, you can start to book your sessions. To make a booking, select the 'Make a booking' tab. You can book up to 8 days in advance online. If a class you wish to attend is full, why not take the opportunity to try something new.
Take a look at our full class timetable: www.rltrust.co.uk/classes

Book classes 8 days in advance through your online account.

HOW TO ACCESS OUR ON DEMAND SECTION

To access our on demand platform, head to your online account (see section 1. above if you have not created an account). After registering for your account, Select the "Rossendale Leisure at Home" tab. You will then be directed to our On demand platform - you will need to create an acccount to access this.

Once you have registered for our on "On demand" section, you can now access a variety of pre recorded workout videos - ranging from Yoga, Indoor Cycling, Dance & more.

ACCESS TO UNLIMITED SWIMMING

Your membership includes access to our swimming pool at Marl Pits, Rawtenstall. Enjoy a variety of swimming options, **from lane swimming to adults-only and public swimming sessions**. Swimming provides an excellent low-impact workout, engaging all muscle groups without placing excessive strain on your joints.

To view our swimming timetable visit our website:
www.rltrust.co.uk/swim-timetable

WELCOME PACK

GETTING STARTED

PERSONAL TRAINING

Whether you're a seasoned fitness enthusiast or just starting out, our personal training sessions **provide the guidance and expertise you need to achieve your fitness goals.**

Embark on a personalised fitness journey with Personal Training at Rossendale Leisure Trust, **available at all three of our centres**. Our dedicated trainers are here to support individuals of all fitness levels, tailoring sessions to your unique goals.

Find out more about our personal training sessions by visiting, www.rltrust.co.uk/personal-training or speak to the reception team at our centres.

FOLLOW US ON SOCIAL MEDIA

Keep up to date will all things fitness by following our social media channels.

Remember to tag us in your posts!

We'd love to see what you're getting up to in our centres, whether it is smashing those PB's, taking a post gym selfie or trying something new.

@rlt.fitness.wellbeing **@rlt.fitness**

MORE TO ENJOY AT RLT

MARL PITS RUNNING TRACK

Discover the newly **refurbished running track at Marl Pits.**
Access to the track is available through an annual fee which goes towards supporting the track's ongoing maintenance.
This is not included in your RLT fitness membership.

To book your track session or for more information visit,
www.rltrust.co.uk/marl-pits-running-track/

MORE TO ENJOY AT RLT

FOOTBALL PITCHES

We offer **quality outdoor football facilities.** Whether you're a seasoned player, part of a local team, or just looking for some recreational fun, we've got you covered. Our football pitches are conveniently located throughout the valley.

For more information, www.rltrust.co.uk/pitch-hire

RACKET SPORTS

At Adrenaline in Haslingden, we're all about keeping you active. Whether you're looking to compete, stay fit, or simply have fun, we've got you covered. Our facilities include tradiotnal sports such as **squash, badminton courts and table tennis.**

For more information, www.rltrust.co.uk/racket-sports

WALKS IN ROSSENDALE

We invite you to explore the **scenic views of Rossendale** through short, inclusive walks. Our **orgnaised walks offer a warm welcome** and abundant support to encourage and sustain your active lifestyle. They are free to everyone.

For more information, www.rltrust.co.uk/walks-in-rossendale

Please note: these are not part of your RLT Fitness membership

TERMS & CONDITIONS

1. Membership

1.1. Your membership will begin on the day you join.
1.2. By ticking that you agree to our Terms and Conditions on our web page, you have consented to enter an electronic agreement with Rossendale Leisure Trust.
1.3. When paying by Direct Debit, an initial pro-rata payment will be required to cover the period up to your first DD payment.
1.4. Your membership is personal to you. You cannot transfer it to another person.
1.5. If Rossendale Leisure Trust (RLT) or the bank/building society makes a mistake with your Direct Debit payment you are guaranteed a full and immediate refund from your bank/building society.

2. Fees

2.1. You must pay a monthly membership determined by your chosen membership package.
2.2. Monthly instalments will be due on the date selected by you of each calendar month or the next available working day by Direct Debit.
2.3. RLT reserves the right to amend your monthly payments. You will be notified in writing 14 days before any changes take place. We may change the amount of your monthly payments.
2.4. Monthly fees are payable even if you do not use the centre.

3. Cancelling Your Membership

Please refer to the Terms and conditions of the Customer Contract Supplied by DFC. You are agreeing to subscribe monthly for the services provided by RLT and contracting to remain a subscriber for the minimum period shown on sign up. DFC (The Collecting Agent) will continue to collect your monthly subscription after the minimum contract period. If you wish to cancel the contract at any time after the minimum contracted period, you must give one months' notice. The notice should be in writing or by email and sent to RLT or Debit Finance Collections Plc. Email info@debitfinance.co.uk.

4. Induction

4.1.1 Inductions are non-mandatory. However, should you require an induction at your discretion, please contact your desired site and check availability.

5. Centre/Course Rules

5.1. You must comply with the centre rules/etiquette forming part of the membership agreement.
5.2. RLT reserves the right to amend the rules/etiquette at any time. Any changes will be displayed in appropriate Leisure Centre/s.
5.3 RLT reserve the right to refuse admission.
5.4 Lockers are provided for the security of personal belongings. However, we do not accept responsibility for the loss, or damage to property at any of our Centres.

6. Changing The Agreement

6.1.1 RLT reserves the right to amend the agreement at any time. You will be notified in writing 14 days before any changes take place.

TERMS & CONDITIONS

7. Facilities

7.1.1 You are only entitled to use the facilities available outlined in your membership package.
7.1.2 You may be required to pay additional charges to use certain other facilities/activities within the Leisure Centre/s.
7.1.3 Leisure Centres/courses may open/close earlier on public holidays. Facilities may also close for occasional special events. Notices will be displayed in the centre in advance notifying customers of any changes. No refunds will be available for these periods.
We may change Leisure Centre opening times or withdraw any of the facilities at any time if we need them for events, tournaments, exhibitions or other special activities.
We may need to close a facility or part of it for repair/refurbishment on the grounds of health and safety or improving customer service. Fitness classes may be cancelled due to unforeseen circumstances. If this occurs, we will endeavour to:
- Display cancellation information around the Centre, giving as much notice as practically possible.
- To arrange alternative facilities (if possible) during a period of closure.
7.1.4 Your membership does not give you priority over other users or guarantee the availability of facilities. 7.1.5 RLT management reserves the right to change the activity programme. Prior notice in regards to cancellations/new sessions will be displayed on the Centre's information boards.
7.1.6 Promotions do not apply to existing members.
7.1.7 Swimming is available during public sessions only, refer to individual Leisure Centres for opening times.

8. Membership Cards

8.1.1 You must submit your membership card at respective reception points when accessing facilities; otherwise we will charge you the standard casual rate.
8.1.2 All members must have their photograph taken for identification purposes; this will be stored on RLT database. This information will solely be used by us and will not be released to any third parties.

9. Additional Proof

9.1.1 For student memberships, the applicant must be in full time education. Proof must be provided to your desired site, in the form of a letter from college and photographic ID (Student card/driving License).
9.1.2 For corporate memberships, proof of entitlement is required in the form of and must be provided to your desired site.
9.1.3 For senior memberships, proof that you have reached pensionable age must be provided.

10. Data Protection

10.1.1 Rossendale Leisure Trust take great care to ensure that any information we hold about you is kept safe & secure. For more information on how we do this please refer to our privacy policy at www.rltrust.co.uk.