

Price List Effective 1st April 2016

Centre									Centre
	ADMISSIONS			HEALTH AND FITNESS		OVER 50'S	Keep Fit/All Action		£1.95
ult £1.50		GOLD CARDS Annual		£461.00	OTHER CLASSES	Yoga		£3.90	
		£1.20	or Monthly DD		£40.60		Corporate		£2.00
Senior		£1.20	Couples Annual		£878.55		Box-a-cise		£4.05
nemployed		£1.20		or Monthly DD	£76.95		Bums Tums & Thigh	s	£4.15
Armed Forces Personnel £1		£1.20		Over 60's Card (Annual)	£303.65	KETTLEBELLS	Adult		£5.05
Spectator £		£1.55		or Monthly DD			Corporate		£2.00
hower		£1.50		Junior Gold 13-15yrs (Annual)	£270.00	ABS BLAST	Adult		£2.45
ADMISSION	N MEMBERSHIP CARDS			or Monthly DD	£22.50		EQUIPMENT HIR	E	
amily		£41.65		Teen Gold 16-17yrs (Annual)	£303.65	RACKET HIRE			£1.55
dult		£32.25		or Monthy DD	£28.05		GENERAL ACTIVIT	IES	
Junior/Senior/Disabled		£15.35		Monthly (No Contract)	£64.30	5-A-SIDE	Peak		£37.1
	VIMMING POOL	210100	SILVER CARDS	Annual	£345.70		Off Peak		£24.2
WIMMING	Adult	£3.20	or Monthly DD		£30.45	BADMINTON	Peak		£7.55
	Junior	£2.00		Couples Annual	£658.55		Off Peak		£5.00
	Unemployed	£2.00		or Monthly DD	£58.00	SQUASH 60 MINS	Peak		£8.30
	Senior	£2.00	EXCELLS	Induction	£12.30	SQUASIT OU MINS	Off Peak		£6.35
	Armed Forces	£2.00		Armed Forces Induction	£7.35	SQUASH 45 MINS	Peak		£6.35
				Peak Workout		SQUASH 45 MINS			
	Aquatrim	£3.15		Off Peak Workout	£6.25		Off Peak Adult		£4.35
	Aquanatal	£4.10			£4.90	ACTIVITY MORNINGS			£4.70
UN SWIM	Adult (1 ³ / ₄ hrs)	£4.15		Junior Workout	£3.05		Over 50's		£4.05
	Junior (1¾ hrs)	£3.15		Student/Armed Forces Workout	£3.70	TABLE TENNIS	Table Tennis		£3.30
	Adult (1 hour)	£3.25		Personal Programme	£4.55				
	Junior (1 hour)	£2.50		Personal Training	£30.90	YOUTH ACTIVITIES			
WIMMING LESSONS	Age 3+ (10)	£45.50		Personal Training Gold/Corp	£25.75		SHIPMATES	PIRATES	TURTL
	Starfish - Under 3s (10)	£48.00		Teenfit Course (6)	£27.85	Registration (Annual)	£6.85	£6.85	£5.40
	Rookie Lifeguard Lessons (10)	£52.00		Fitech Assessment	£22.40	1 Week Registration	£4.45	£4.45	Not Avail
	Private Lessons (5)	£60.00		Fitech Assessment Gold/Corp	£11.25	Session	£5.55	£5.55	£4.70
	2:1 Private Lessons (5)	£101.25	SAUNA	Peak	£5.20	Saturday	Not Available	Not Available	£4.70
	Lifeguard Course	£243.50		Morning 9am - 12noon (Mon-Fri)	£2.95	Breakfast Club	£2.60	£2.60	£2.15
	Swim Assessment	£2.05		Afternoon 12 noon - 3.45pm (Mon-Fri)	£3.60	After Club	£2.60	£2.60	£2.15
	Masters Training	£6.80		Junior	£3.05				
ICE HALL				Sauna / Swim Peak	£7.45	OTHER ACTIVITIES	Creche per 15mins (M	lin Booking 1 hour)	£0.90
SKATING	Adult	£3.75		Sauna / Fitness Room Peak £10.30 Birthday Parties		<u> </u>	£81.7		
	Junior/Senior	£3.10	Sauna / Swim / Fitness Room Peak		£13.15		Soft Play Birthday Party		£82.5
	Unemployed	£3.10		Sauna / Swim off Peak £6.05 Fun Factory		, ,	£2.40		
	Armed Forces	£3.10	Sauna / Fitness Room off Peak		£7.65	Trampoline (course 6 x 1 hour)		£18.0	
	Patches AM	£3.25		Sauna / Swim / Fitness Room off Peak	£10.50		Trampoline (course 6 x 45 mins)		£16.5
	Patches PM	£4.20	FITNESS CLASSES				Saturday Family Night		£3.00
				A creckies/Oten/Oirevite	05.05		Saturday Family Nigh		23.00
	Patches 2 hours	£6.15	AEROBICS	Aerobics/Step/Circuits	£5.05	HIRE OF AREAS			007 (
	Lessons (4)	£19.40	D// 4750	Discount classes	£4.15	GAMES HALL	Peak		£37.1
	Lessons (5)	£24.25	PILATES	Adult	£5.05		Off Peak		£24.2
	Lessons (6)	£29.10		Over 50's	£4.10	AEROBIC STUDIO	Peak		£40.2
	Private Lesson	£12.25		Corporate	£2.00		Off Peak		£26.2
	Ice Disco Adult	£3.85	BODYPUMP/ATTACK/	Adult	£5.05	FUNCTION ROOM	1 Hour Hire		£34.0
	Ice Disco Junior	£3.85	COMBAT/BALANCE	Corporate	£2.00	SWIMMING POOL	1 Hour Hire		£82.5
SKATES	Hire	£1.60	SPINNING	Adult	£5.05	ICE HALL	1 Hour Hire		£124.8
	Sharpen	£4.00		Corporate	£2.00	BAR	1 Hour Hire		£44.3
	Grind	£8.00	JUST DANCE	Adult	£5.05	BOWLING (effective 1st A	lugust)		
	Penguin Hire (15 Mins)	£1.70		Corporate	£2.00	BOWLING	Adult Card		£10.0
	Penguin Hire (30 Mins)	£2.90	FUSION	Adult	£5.05		Senior Card		£8.00
CURLING	VAT Inclusive	£10.95		Corporate	£2.00		Supplement		£3.75
	VAT Exclusive	£9.30	INSANITY Adult		£5.05		Non-Member		£3.80
	Day VAT Inclusive	£9.30		Corporate £2.00			Member Off Peak		£2.80
	Day VAT Exclusive	£8.10	METAFIT			Member Peak		£3.00	
	Junior	£4.65		Corporate £1.25 Youth Bowling			£2.40		
	Junior Coaching	£2.70	CX WORX	Adult	£2.45		Locker Hire		£3.40
	Adult Coaching	£3.80		Corporate	£1.25		Morning session 8.30am		£2.80
							Morning session 9.00am		~
	Practice		20-20-20	Adult	£5.05		Morning session 9.00	am	£2.45

G	ALLEON Centre
All Action	£1.95
	£3.90
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e	£4.05
ns & Thighs	£4.15
	£5.05