

We offer more!

Here at The Fitness Suite we offer a wide range of services which are designed to help you, whatever your situation. You will be inducted by one of our highly trained and friendly instructors.

They will show you how to use all the equipment and get the most out of your time in the gym.

We can assess your current health levels and write you a personal programme. For those of you who are a bit more experienced in the gym we can offer a full fitness assessment and programme reviews.

Junior Gym

The Junior Gym is designed to introduce and educate 11-13 year olds on the benefits of exercise within a safe and controlled environment. The children will complete a comprehensive induction session with one of our fully qualified fitness instructors. Once the induction has been completed to the satisfaction of the fitness instructor the child will be able to book a slot in the gym during the designated junior gym sessions. They will ONLY be able to use the facility on Friday evenings between 8pm-9pm and Saturday afternoons between 2.00pm-3.00pm. On the child's 14th birthday they will be able to collect a new fitness user card and can then use the facility on an unrestricted basis. If you are interested then please book at reception or call us on 01937 833001 for further information.



Tadcaster Community Swimming Pool Trust Ltd.
Westgate, Tadcaster LS24 9AB. Tel: 01937 833001

You can pay as you go!

Our flexible payment options allow you to choose which payment method most suits you. Our concession rates allow everyone to take advantage of a modern gym and benefit from a healthier lifestyle.

Prices

Inductions (Essential)

Induction (Adult)	£10.00
Induction (Concession)	£6.00
Induction (Junior Gym)	£6.00

Discounts and Season Cards

10 Session Discount Card (No Expiry)	
Adult	£40.00
Concession	£25.00

Pay As You Go!

Adult Fitness	£5.00
Adult Off-Peak (Mon-Fri 12-3pm)	£3.50
Concession Fitness	£3.00
Junior Gym Fitness	£2.50
Gym, Swim & classes (Adult)	£5.50
Gym, Swim & classes (Concessions)	£3.50

Extra Services

Health Assessments (Adult)	£10.00
Programming Sessions	£10.00
Personal Training Plan	£45.00

Direct Debit Payments

Direct Debit	per month
Gym, Swim & classes (Adult)	£25.00
Gym, Swim & classes (Concession)	£18.75
Gym Only (Adult)	£20.00
Gym Only (Concession)	£15.00
Gym, Swim & classes (6 Month)	£30.00

Tadcaster Swimming Pool



Welcome to the Fitness Suite

Tel: 01937 833001
www.tadcasterpool.org.uk

The Fitness Suite at Tadcaster Community Swimming Pool

Tadcaster Community Swimming Pool's Fitness Suite is a great place in which to enjoy getting and staying in shape, but our influence doesn't stop there, we also provide guidance and inspiration for a healthier more active life outside the facility.

We offer an excellent range of activities in an impressive and stylish facility. We combine a personalised service with a friendly and comfortable atmosphere.

State of the art equipment

All our equipment is up to date and supplied by Precor, which is one of the leading companies within the fitness industry, the equipment has been selected to provide you with a balanced and worthwhile workout.

The equipment consists of:

Cardiovascular Machines

- 2 x Upright Bikes
- 2 x Treadmills With Incline
- 2 x Adaptive Motion Trainers
- 2 x Concept II Rowers
- 1 x Recumbent Bike

Resistance Equipment

- Leg Extension / Leg Curl Machine
- Lat Pulldown / Seated Row Machine
- Shoulder / Chest Press Machine
- Ab Curl & Back Extension Machine
- Functional Trainer



	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm		
MON	Public Training																
TUE	Public Training													Circuit Training			
WED	Public Training																
THU	Public Training							Tadcaster Grammar School	Public Training					Circuit Training			
FRI	Public Training													Junior Gym			
SAT		Public Training							Junior Gym	Public Training							
SUN	Public Training						Volunteer Session		Public Training								
	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm		

Please note : Book into each session to reserve your place, 15 minutes MAX per CV equipment, wipe down equipment after use.
N.B. Tadcaster Grammar School are only present during term time.

Inductions

Every new member must undertake an induction. A qualified instructor will guide you on how to use the equipment safely and effectively. Inductions can be booked at various times to suit you, please contact reception to make an appointment. To avoid disappointment we advise booking your session in advance. Call 01937 833001

Personal Programme

The personal programme allows you to have a one to one session with an experienced instructor to help tailor a 12 week training plan to your individual needs.

Health Assessment

The health assessment provides a one-to-one consultation with one of our professional instructors to comprise a variation of health related tests such as BMI (body mass index), body fat percentage, blood pressure, lung capacity and a short cardio vascular cycle test. By the end of the session your instructor will have comprised all the data to provide you with a printed analytical report.

Personal Training Plan

The personal training plan comprises of the health assessment and the personal programme with three scheduled one to one sessions throughout a 12 week period. You will also be given an online contact to your instructor for extra support when you are outside the facility, a great way to encourage you towards achieving your goal.

Circuit Training

An instructor-lead class over a number of exercise stations, this high tempo class is designed to motivate & inspire you to get the most from your training.

So, whether you are new to fitness or thinking of using our gym for the first time, Tadcaster Community Swimming Pool is the place for you.