

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.

The little extras!

To keep you motivated and keen we offer the little extras:

- Monthly Challenge
- Fitness Workshops
- Circuit training classes
- Free use of heart rate monitors



NEW 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 2.30pm-3.30pm. On the child's 14th birthday they will be sent 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.



The Fitness Suite

- FREE Car Parking
- Lockers - £1 coin return / Hairdryers – 20p
- Membership ID cards must be provided to reception on each visit
- No bags or clothing in the gym please, use lockers provided
- Wear appropriate and correct footwear and clothing
- Booking is essential during busy periods of the day
- A maximum of 15 minutes on any one piece of aerobic equipment during busy periods of the day
- Use a small towel or towel provided to wipe down equipment after use
- Consider other gym members during your visit
- Bring a waterbottle with you to fill at water dispenser
- Collect membership cards from reception after your gym session before entering the changing rooms
- Book in for your next visit after each workout
- Half price swim after gym, during public swimming

Welcome to the



Fitness Suite

Tel: 01937 833001

Web site: 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 Life Fitness, the largest manufacturer of fitness equipment in the world, the equipment has been selected to provide you with a balanced and worthwhile workout.

The equipment consists of:

Cardiovascular Machines

- 2 x Lifecycle Upright bikes
- 2 x Treadmills with incline
- 2 x Cross Trainers
- 2 x Concept II Rowers
- 1 x Recumbent Cycle

Resistance Equipment

- Leg Extension Machine
- Lat Pulldown Machine
- Seated Leg Curl
- Shoulder Press
- Seated Chest Press
- Selection of Free-Weights
- Ab Crunch Machine



Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Training	7.00am - 10.00pm	7.00am - 1.30pm 3.00pm - 8.30pm	7.00am - 10.00pm	7.00am - 8.30pm	7.00am - 8.00pm	8.00am - 2.30pm 3.30pm - 7.30pm	7.00am - 12noon 1.30pm - 5.00pm
Circuit Training		8.30pm - 9.30pm	8.30pm - 9.30pm	8.30pm - 9.30pm			
Junior Gym					8.00pm - 9.00pm	2.30pm - 3.30pm	
Tadcaster Grammar				1.30pm - 3.00pm		(during term time)	
Volunteers							12noon - 1.30pm

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**

Prices 2011

Inductions (Essential)

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

Discounts and Season Cards

24 Session Discount Card (No Expiry)

Adult	£86.00
Concession	£46.00

Bronze Card (3 Months)

Adult	£90.00
Concession	£45.00

Silver Card (12 Months)

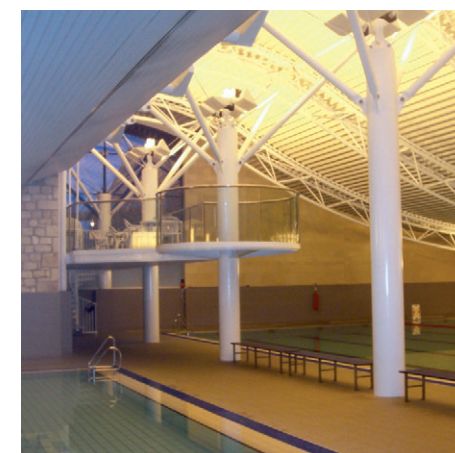
Adult	£300.00
Concession	£150.00

Pay As You Go!

Adult Fitness	£4.50
Concession Fitness	£2.40
1/2 Price Gym	
12 - 3 pm Monday to Friday	
(Adult & Concessions)	£2.25
Junior Gym Fitness	£2.20
Gym and Swim (Adult)	£5.00
Gym and Swim (Concessions)	£3.00

Extra Services

Health Assessments (Adult)	£10.00
Health Assessments (Concessions)	£6.00
Programming Sessions	£6.00



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.