

**EveryBody's Gym Information**

**Introduction Package**

Before you can use the gym without supervision, you need to enrol on our Kickstart! Programme.

**Kickstart! Programme**

Includes 5 one-to-one appointments with a member of our fitness team in your first month of exercise. We will assess your goals, design your personal programme and check your progress throughout. £30.

*This package may not apply to people with disabilities, benefit claimants and those aged 14-17 years. Ask at Reception for further details.*

All our fitness instructors are members of the Register of Exercise Professionals (REPS). This is a guarantee of their competence and shows our commitment to continuous professional development.

**Instructor in the Gym**

Mon - Thur: 7am-10pm  
 Fri: 9am-6pm  
 Sat and Sun: 9am-3pm

**Personal Training**

Do you need a Personal Trainer? Our fully qualified instructors are available for one-to-one personal training sessions. Ask at Reception for full details.

**General Information**

**Supervised Under 5s: £2.10**

Tue 9.45am-12.15pm  
 Wed, Thur, Fri 9.45-11.45am  
 FREE for Platinum members.

**Bank Holidays**

may have reduced opening hours.

**Classes Information**

**Starting exercise**

If you are new to exercise, have any medical problems, injuries or you are pregnant, please tell the instructor before the start of the class. Check with your doctor before starting a new activity. Please wear comfortable clothing and soft flat training-type shoes.

**Booking a class**

Please book and pay in advance as places are limited. You must give 24 hours notice to cancel.

**Membership**

**Priority Booking Card**

Annual card allowing advance booking of 8 days (instead of 48 hours) £4. FREE with Gold, Gold Plus, Platinum and Aqua Memberships.

**Gold Membership**

Workout in EveryBody's Gyms for £25 a month.

**Gold Plus Membership**

Unlimited swimming and EveryBody's Gyms for £31 a month.

**Platinum Membership**

Unlimited swimming, EveryBody's Gyms, exercise classes and free supervised childrens sessions (subject to availability) for £36 a month.

**Aqua Membership**

Unlimited swimming for £25 a month.

**Couples Membership**

25% discount for second person.

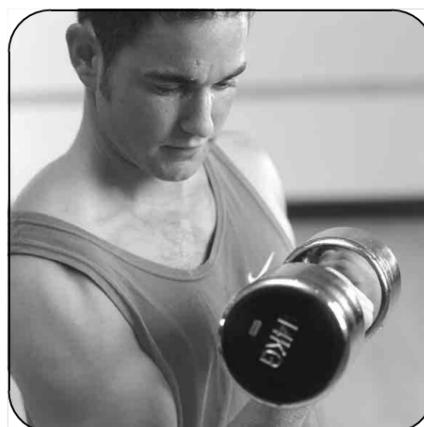
For terms and conditions, please contact Reception or see our website [www.community-leisure.co.uk](http://www.community-leisure.co.uk)

There is a joining fee of £25 for non Kickstart! Members.

*This programme may be subject to change.*

# EveryBody's Gym & Exercise Classes

from 1 April 2005



**Lewes Leisure Centre**

Mountfield Road, Lewes BN7 2XG  
 Tel: 01273 486000

For more information see our website:  
[www.community-leisure.co.uk](http://www.community-leisure.co.uk)



LLC-Gym-Classes-Prog/17/April 2005  
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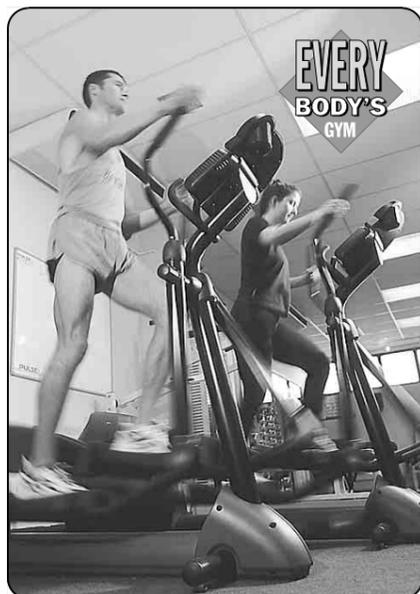
**EveryBody's Gym Programme**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7-8			General Use					7-8
8-9	General Use					Closed	Closed	8-9
9-10								9-10
10-11			Seniors Class (closed)		General Use			10-11
11-12	Gen & College 10.40am-12.05pm			General Use				11-12
12-1		General Use	General Use			General Use	General Use	12-1
1-2	General Use							1-2
2-3	Gen & School 2.15-3.15pm**		Gen & College 1.30-5pm		Gen & School 2.15-3.15pm**			2-3
3-4	General Use							3-4
4-5	General & Wicked Workout*				General Use			4-5
5-6	General Use		General Use					5-6
6-10						Closed 8pm	Closed 8pm	6-10

\* Wicked Workout session is for 12-16 year olds \*\* Last session 2May 2005  
 College/School use in term time only and may also have shared access to Gym during public times.  
 See back page for instructor times in the Gym and Supervised Under 5s times.

**Prices**

Kickstart! programme	£30.00
Gym Session	£4.50
Exercise on Prescription (GP referral) (initial 20 sessions only)	£2.10
Person with disabilities, benefit claimant	£2.10
14-17yrs Gym Session	£2.10
Seniors Class: 60+ under 60s	£3.30 £4.20
Swim & Gym	£6.50
Exercise Classs	£4.20
Exercise Saver Cards (11 classes for the price of 10)	£42.00



**Exercise Classes**

Class	Time	Level	Price
<b>Monday</b>			
<b>Mixed Circuits</b> A fast moving class for men and women to improve strength and stamina.	6.00pm	B/G	£4.20
<b>Total Body Conditioning</b> Using handweights, bands and stability balls for a core stability workout.	6.00pm	G	£4.20
<b>Triple Challenge Stepping</b> An interval-training step class for a complete workout. Basic step, power moves, aerobics to sculpting. A challenging workout.	7.00pm	B/G	£4.20
<b>Bums 'n' Bits</b> A floor based class to tone and strengthen those problem areas.	8.00pm	G	£4.20
<b>Tuesday</b>			
<b>Seniors Class</b> Designed to help maintain mobility and flexibility.	9.00am	G	£3.30
<b>Yoga</b> ♣ Helps with stress, tones muscles and increases flexibility.	10.00am	G	£4.20
<b>Power Walking</b> A non impact workout to improve stamina on our Athletics Track or around Lewes.	5.15pm	G	£4.20
<b>Legs, Bums &amp; Tums</b> Targeting the big 3 using hand weights, dyno bands and your own body weight.	6.00pm	G	£4.20
<b>50/50</b> The perfect mix - half aerobics and half body conditioning.	7.00pm	B/G	£4.20
<b>Mixed Aqua Circuits</b> The water's resistance gives you a great workout and is safer for joints. Good for heart and lungs and muscle tone. Designed for men and women. No need to be a swimmer but you must be over 14yrs.	7.00pm	B/G	£4.20
<b>Wednesday</b>			
<b>Seniors Class (in Gym)</b> A friendly class using treadmills, rowers, bikes and weight resistance equipment. Before joining the class you need to have had an Introduction Session.	10.00am	G	£3.30
<b>Pilates</b> Improve flexibility and strength without building bulk. Maintain good posture and strengthen abdominal muscles.	6.00pm	B	£4.20
<b>Water Aerobics</b> The water supports you, reducing stress to joints but providing resistance for an all-over invigorating workout. No need to be a swimmer but you must be over 14yrs.	7.00pm	B/G	£4.20
<b>Salsa</b> Dance lessons for beginners or improvers. All ages welcome, male and female, no partner required. A fun and cheeky way to keep fit.	7.00pm	G	£4.20
<b>Thursday</b>			
<b>BodyTone</b> A combination of aerobics, kickboxing moves and ab training.	6.00pm	G	£4.20
<b>Yoga</b>	7.15pm	G	£4.20
<b>Friday</b>			
<b>Water Aerobics (Women Only) ♣</b>	10.00am	G	£4.20
<b>Saturday</b>			
<b>Pilates</b>	10.00am	I	£4.20

Levels: B - Beginner I - Intermediate G - Suitable for everyone

♣ Supervised under 5s available. See back page.

**Exercise Saver Cards (11 classes for the price of 10): £42.00**