

Fitness Suite

Benefit from our comprehensive fitness suite, featuring an extensive range of equipment complimented with state of the art audio & visual entertainment for your enjoyment.

See one of our fully qualified Fitness Consultants for more advice on:

Mini Induction

A session designed for a regular gym user to familiarise you with our equipment

Beginners Induction

A session which is designed for a new gym user to increase confidence in the gym environment and introduce correct technique of equipment

Programme Induction

An opportunity for you to get a programme designed specifically for your needs by one of our Fitness consultants

First Step Personal Training

See one of our highly motivated and qualified Personal Trainers to help you succeed with your goals. Our Personal Trainers will track every session and provide you with a specific and invigorating exercise session at each and every visit.

Prices vary please ask at reception for more information

General Facility Guidelines

- * For more information on any of the Club's services, please see reception.
- * New participants are required to arrive 5 minutes prior to the start of the class to enable the instructor time to demonstrate the equipment used and assess any medical conditions you may have.
- * Class participants will be refused entry if they arrive late for the class.
- * All courses and classes are subject to sufficient attendance, should class numbers fall below three participants the class will be cancelled. Members will be notified in advance of cancellation.
- * Class participants should not leave a class prior to designated finish time.
- * Please book all classes and courses in advance to avoid disappointment.
- * Racquets and balls/shuttlecocks can be hired from the front desk.
- * No participants are permitted to book more than 7 days in advance.

ADULT ACTIVITY TIMETABLE



CLUB OPENING TIMES

Monday-Friday 07.00-22.00
Saturday & Sunday 07.30-21.00
Bank Holidays 07.30-21.00

CONTACT US

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www.china-fleet.com