

MEMBERSHIP FEES

There is no joining fee or contract to sign! & our memberships are very flexible, you can pay as you go, or pay monthly depending on how often you use the Studio and/or Gym (for use of the gym induction must be completed).

GYM

Gym Induction (includes free workout)	£5.00
Pay & Go Gym - Off Peak	£3.50
Pay & Go Gym - Peak	£4.00
Pay & Go Gym Concession	£3.00
Monthly Gym Membership	£22.00
Monthly Gym & Studio Membership	£32.00
Monthly Joint <u>Gym</u> Membership	£40.00
Annual Gym Membership	£242.00
Annual Joint Gym Membership	£400.00
Health Check & Personal Program	£15.00

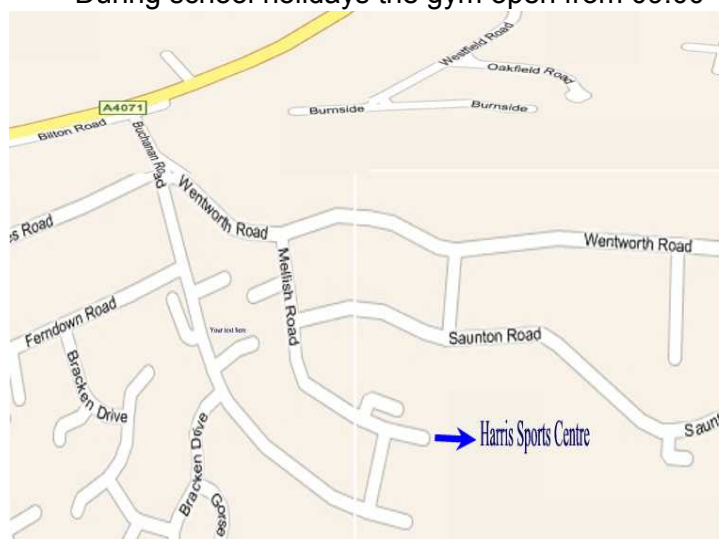
STUDIO

Pay & Go Studio Classes	£3.50
Monthly Studio Membership	£25.00
Monthly Gym & Studio Membership	£32.00

HARRIS SPORTS CENTRE OPENING HOURS

MONDAY - FRIDAY:	16:30 – 22:00
SATURDAY:	09:00 – 20:00
SUNDAY:	12:00 – 21:00
PEAK -	18:00 – 21:00
OFF PEAK -	all other opening times

During school holidays the gym open from 09:00



Harris Sports Centre
End of Mellish Road
Rugby
CV22 6BB

Phone: 01788 818925
Fax: 01788 519710
E-mail: vmerrett@harris-school.co.uk
Web: www.HarrisSportCentre.sports.officelive.com

Harris Sports Centre

GYM & EXERCISE STUDIO



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GYM

The centre has a well equipped gym with a wide range of equipment for cardiovascular & resistance training including treadmills, rowers, bikes, cross trainers, fixed resistance machines and free-weights. There are also qualified staff to give advice whenever you need it. To start using the gym you will need to complete an induction, where you will fill out a health questionnaire and will be given full instruction on how to use the fitness equipment by trained staff. Book in for your induction at the sport centre reception or call to make an appointment.

HEALTH CHECKS

If you feel you need help getting the results you want, or you're losing motivation you can book in for a Health Check & Personal Program (only once induction has been completed). This includes a full health check, nutrition advice, a program written specifically for your goals and finally a progress review to discuss your results. (£15)

MONTHLY PRIZE DRAW

On the 15th of each month all members who pay monthly will be entered into a free prize draw for the chance to win one months membership all you have to do is pay your membership monthly or annually to be automatically entered.

Studio Timetable—Starting 30th March 2009

<u>Day</u>	<u>Time</u>	<u>Activity</u>	<u>Instructor</u>
MON	18.30 - 19.30	BODY COMBAT	(Rob)
	19.30 - 20.30	BODY ATTACK	(Rob)
TUES	18.30 - 19.30	TRIM & TONE	£ (Gaye)
	19.30 - 20.30	PILATES	£ (Gaye)
WEDS	18.00 - 19.00	STEP	(Lenka)
	19.00 - 20.00	BODY COMBAT	(Lenka)
THUR	18.00 - 19.00	PILATES	£ (Carolyn)
	19.00 - 20.00	Vertical Fitness (18+)	£ (Cherie)
	20.00 -21.00	Vertical Fitness (18+)	£ (Cherie)
FRI	18.00 -21.00	FENCING - Juniors	£
SAT	09.30 - 10.30	BODY ATTACK	(Ti)
	10.30 - 11.30	LEGS BUMS & TUMS	(Ti)
SUN	12.30 -13.30	20/20/20	(Lenka)

STUDIO

Only studio classes in **BLUE** are included in the Monthly Studio Memberships, Studio Classes with the (£) sign are not included in the studio membership, these classes must be used on a pay as you go basis. Anyone with a Monthly Studio or Studio & Gym Membership can book into the Studio Classes in **BLUE** up to 7 days before. P&G users can book into a class up to 6 days before. For any information on Studio Classes or to book in please contact the centre by phone or e-mail.

BODYCOMBAT® Combining Music & Martial arts, creating a fierce & energetic experience which raises fitness levels throughout the whole body, while reducing fat and cholesterol.

BODYATTACK® is a rapid calorie burner that delivers fast improvement in general endurance and an increase in overall body strength. Combining high intensity aerobics, strength and stabilisation exercises. All participants can achieve their fitness goals by following the simple movements.

TRIM & TONE: A fun effective workout that burns fat, tones muscles & improves overall fitness.

PILATES: Improves core strength whilst increasing back & stomach muscle tone, with emphasis on posture.

STEP: These dance based exercise routines are designed to burn fat, improve fitness & above all be fun!

VERTICAL FITNESS: Introducing the new fitness craze: Pole Fitness, get fit, build confidence & have fun with Cherie & the girls by booking a course on 07889146446.

LEGS BUMS & TUMS: A toning class, which focuses on those problem areas from the waist down.

20/20/20: is a unique mixture combat style aerobic moves, step routines & toning exercises with each interval lasting 20 minutes.