

Centre Prices - 1st Jan 2015...

Memberships

Freedom Membership Prices

(from 1st January 2015)

Adult single

- £465 Annual one off payment
- £50 Monthly Direct Debit payments
- £60 Monthly Casual

Adult joint

- £868 Annual one off payment
- £96 Monthly Direct Debit payments
- £116 Monthly Casual

Student/OAP/Disabled

- £410 Annual one off payment
- £45 Monthly Direct Debit payments
- £56 Monthly Casual

Off Peak/Student/OAP/Disabled

- £297 Annual one off payment
- £31 Monthly Direct Debit payments
- £41 Monthly Casual

Group rate

- £410 Annual one off payment
- £45 Monthly Direct Debit payments

Pre-Teen Freedom

- £119 per year
- £16 Monthly Casual

Teen Freedom

- £193 per year
- £25 Monthly Casual

Family Child

- £40 Annual one off payment
- £7 Monthly Direct Debit

Administration Fee

- £0 Annual one off payment
- £27 Monthly Direct Debit payments
- N/A Monthly Casual

Direct Debit Freezing Option £6 per month.

Full details and terms & conditions are available from the Memberships Office.

BodyZone

BodyZone	Freedom	Choice	Non member
Classes (1hr)	FREE *4	£5.60	£7.10
Classes (3/4hr)	FREE	£4.20	£5.30
Classes (1/2hr)	FREE	£2.80	£3.50
Gentle Exercise classes	FREE	£5.00	£6.70
Life fit sessions	£1.20	£4.00	£5.00
Gym Intro (Group)	FREE	£5.60	£7.20
Individual programme	£25.80 *1	£25.80	£28.90
Shared programme	£15.50 *1	£15.50	£16.50
Gym	FREE	£5.80	£7.20
Gym - OAP off peak (Mon-Fri 9.30am-2pm)	N/A	£3.00	N/A
Gym - post LifeFit card	N/A	£4.50	£5.90
Fitness Package (prog+10 gym sessions)	N/A	£72.00	£72.00
Life fit Fitness Package (on referral)	£50.00	£55.00	£65.00
Personal Training (1hr)	£230.40	£36.10	£39.70
Personal Training (1hr x 4 includes £6 discount)	£115.60	£138.40	£152.80
Personal Training (1/2hr)	£19.00	£20.00	£21.50
Personal Training (1/2hr x 4 includes £3 discount)	£57.00	£77.00	£83.00
Power Plate Induction *2	FREE	£4.60	£6.20
Power Plate Session (15mins) *3	FREE	£1.00	£2.00
SnowFit	£3.60	£5.40	£6.90

Personal Training can be in the gym or CoreZone, on the Power Plate, using Kettlebells, or even outside.

*1 - Free to Annual/DD Freedom members

*2 - Gym introduction needed first

*3 - Gym Introduction & Power Plate Intro needed first

*4 - Freedom Members free for classes at BS /

*5 - £1 if booked more than 1hr in advance

Locker rental from 4-12 months, from £20-£75 small to large. £10 deposit.

Aquazone

AquaZone	Freedom	Choice	Non member
Adults	FREE	£3.10	£4.90
12.00-14.00 (Mon-Fri)	FREE	£1.80	£4.90
Juniors (Under 16)	FREE	£2.20	£2.90
12.00-14.00 (Mon-Fri)	FREE	£1.80	£2.90
Under 5's swimming	FREE	FREE	FREE
OAP's (Mon-Fri) 8am-12pm	FREE	FREE	£2.90
OAP's (Mon-Fri) 12-14.00	FREE	FREE	£4.90
OAP's (Mon-Fri) 14-22.00	FREE	£3.10	£4.90
OAP's (Sat-Sun)	FREE	£3.10	£4.90
Family Swim (2 adults & 2 children)	N/A	N/A	£12.50

SportsZone

Sports Courts	Freedom	Choice	Non member
Indoor Courts (55 mins)			
Entire sports hall	£136.80	£136.80	£136.80
One third sports hall	£45.60	£45.60	£45.60
Badminton			
Off Peak*	FREE	£9.80	£11.40
Peak	£8.00	£9.80	£11.40
Table Tennis			
Off Peak*	FREE	£4.40	£5.40
Peak	£3.20	£4.40	£5.40
Squash/Racketball (40 mins)			
Off Peak*	FREE	£5.40	£7.30
Peak	£6.60	£8.70	£10.30
Outdoor Courts (60 mins)			
Tennis			
Off Peak*	FREE	£9.00	£10.20
Peak	£7.40	£9.00	£10.20
Netball	£20.00	£20.00	£20.00



Beau Sejour
Leisure Centre