

ANNUAL MEMBERSHIP

Single Annual Membership

Unlimited Gym	£350
Unlimited Gym and Classes*	£500

Couples Annual Membership

Unlimited Gym	£550
Unlimited Gym and Classes*	£800

Annual memberships include your membership joining fee and induction plus reprogrammes

PAY AS YOU GO MEMBERSHIP

Junior and Senior Annual Fee	£30
Adult Annual Membership only	£50
Gym & Classes Entry Fee	£7
Junior Gym	£3.50

MONTHLY MEMBERSHIP

Single Monthly Membership

Unlimited Gym or Classes	£35
Unlimited Gym and Classes	£50
Concessionary Gym or Classes	£25

Couples Monthly Membership

Unlimited Gym or Classes	£55
Unlimited Gym and Classes	£80

NON MEMBERS PAY AS YOU GO

Gym or Classes	£8.50
Junior Gym	£4.50

WEEKLY MEMBERSHIP GYM & CLASSES

(7 CONSECUTIVE DAYS)

Adults	£20
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GP REFERRALS

Initial Assessment	Free
Gym Entry Fee	£5
Assessment plus 3 months membership	£75

PERSONAL TRAINING

By arrangement with the individual Personal Trainer

PLEASE NOTE:

There are no refunds given on any of our gym memberships.

Concessionary rate applies to anyone 67 yrs and over. All students under the age of 18 yrs must produce a student card to qualify for the student rate. Junior Gym is from the age of 12-15.

Couples Membership To qualify for the couples rate both parties need to be living at the same address. Proof of address will need to be shown at reception by either a driving licence or passport.

GYM OPENING TIMES

Monday	06.00 - 22.00
Tuesday	06.00 - 22.00
Wednesday	06.00 - 22.00
Thursday	06.00 - 22.00
Friday	06.00 - 21.00
Saturday	08.00 - 17.00
Sunday	08.00 - 17.00

Please note last entry to the gym is one hour before we close.



01273 494984

info@henfieldleisure.co.uk

www.henfieldleisure.co.uk



gym membership & classes



PUMP

The Pump class gives you a total body workout toning all your muscles, using barbells and light weights.

CIRCUITS

Bored of doing the same thing every week? Circuit training has different, challenging exercises every week.

HIIT ATTACK

High intensity full body workout.

SPIN

Spinning is a class focusing on endurance, strength, intervals, high intensity while listening to the latest tunes.

POWER30

Power30 is a 30 minute class focusing on, technique, strength and endurance.

POWER HOUR

Power Hour is a class focusing on, technique, strength and endurance.

GENTLE GYM

A gentle class for 60's plus, to help mobility and balance.

CLASS BOOKING PROCEDURE

Members can book via the FitSense app, website or at reception.

Non members must book through reception and pay at the time of booking. This fee is non refundable but can be transferred to another day, twice only.

All classes for non members are £9.

If you wish to cancel your class, we require a minimum of 2 hours notice. If you cancel less than 4 hours before the class or do not show you will be charged a fee of £5.

Please be aware that all classes and prices are subject to change.

MON	Let's Get Functional	06.00 - 0700	£7	In House	
	Spin	07.00 - 07.45	£7	In House	
	HIIT Attack	09.00 - 09.30	£7	In House	
	Spin	11.00 - 11.45	£7	In House	
	Gentle Gym	13.30 - 14.15	up to £5	In House	
	Pump	18.00 - 18.45	£7	In House	
	Circuits	19.00 - 20.00	£7	In House	
	Yoga Flow	19.00 - 20.00	£7	In House	
	Spin	20.15 - 21.00	£7	In House	
TUE	POWER30	09.00 - 09.30	£7	In House	
	Legs, Bums and Tums	09.30 - 10.30	£7	Gail Rogers	
	Badminton	09.30 - 11.00	£3.50	In House	(50+)
	Short Mat Bowls	09.30 - 12.00	£3.50	In House	(50+)
	Power Hour	10.00 - 11.00	£7	In House	
	Compact Tennis	11.30 - 13.00	£3.50	In House	(50+)
	Kettlebell	18.00 - 18.45	£7	In House	
	Spin	19.00 - 19.45	£7	In House	
	WED	HIIT Attack	09.00 - 09.30	£7	In House
Yoga Flow		10.00 - 11.00	£7	In House	
Spin		17.00 - 17.45	£7	In House	
Spin		18.00 - 18.45	£7	In House	
Yoga Restorative		19.00 - 20.00	£7	In House	
Power Hour		19.00 - 20.00	£7	In House	
THU	Let's Get Functional	06.00 - 0700	£7	In House	
	POWER30	09.00 - 09.30	£7	In House	
	Circle Dancing	10.15 - 12.00	POA		07929 990 530
	Power Hour	14.00 - 15.00	£7	In House	
	Circuits	19.00 - 20.00	£7	In House	
	Spin	20.15 - 21.00	£7	In House	
	FRI	Spin	07.00 - 07.45	£7	In House
HIIT Attack		09.00 - 09.30	£7	In House	
Spin		11.00 - 11.45	£7	In House	
Gentle Gym		13.30 - 14.15	up to £5	In House	
Pump		18.00 - 18.45	£7	In House	
SAT	Spin	08.15 - 09.00	£7	In House	
	Spin	09.15 - 10.00	£7	In House	
SUN	Power Hour	09.00 - 10.00	£7	In House	
	Yoga Flow & Restorative	09.00 - 10.00	£7	In House	
	Pump	10.15 - 11.00	£7	In House	

PLEASE NOTE: Classes are subject to change