

Working for you

# Brimhams fitness centre at the Hydro

Price list 1 April 2011 - 31 March 2012

Membership includes use of all three fitness suites at the Hydro, Nidderdale Pool and Ripon Leisure Centre, and swimming at all five district swimming pools.

## **Opening times**

Monday - Thursday	6.30am - 10.00pm
Friday	6.30am - 8.00pm
Saturday	7.30am - 7.00pm
Sunday	8.00am - 8.00pm

**The Hydro, Jennyfield Drive, HARROGATE HG1 2RP**  
**Telephone: 01423 556775**

# Brimhams

## fitness centre

All memberships include:

- Free induction and regularly reviewed fitness programme.
- Unlimited access to the Fitness Suite, Kinesis Studio, Dance Studio and classes at Rossett Sports Centre.
- Free Swims during General Swim, Early Birds, Women Only, Adults Only, Fun Session and Aquafit sessions.
- Brimhams memberships at the Hydro allow access to three Brimhams fitness suites and five district swimming pools.

*(All memberships are non-transferable)*

### Membership Options

	Monthly direct debit
Hydro Total	£47.00
Hydro Total Concession	£31.25
Hydro Total Couple	£83.50
Hydro Total Couple Concession	£54.75

*For more information on our concession rates, please speak to a member of the Brimhams team*

### Fitness Studio

Casual Session	£8.60
Casual Session Concession	£4.85
*Induction	£14.60
Fitness Assessment	£14.60
GP Referral	£4.85
Teen Tone Zone	£3.50

*\*Induction fee payable on booking, refunded when joining.  
12 hour cancellation notice required.*

### Teen Tone Zone

Specialised exercise for 12 - 16 year olds adhering to \*ACSM guidelines. Fully supervised gym sessions.

**Booking required** - £3.50 per session.

Monday - Friday	4.15pm - 5.00pm
Saturday	12.00pm - 12.45pm
Sunday	3.00pm - 3.45pm

*\*ACSM - American College of Sports Medicine*

### Fitness Suite

Our highly qualified and experienced fitness professionals are here to help you improve your fitness levels and ensure you're given the best possible opportunity to reach your fitness targets. A regular free of charge review session with an instructor can help you achieve this and stay motivated.

### Kinesis Studio

Try this exciting and revolutionary resistance training method. 250 exercises and movements liberating the exercise regime from the constraints of a machine. The sleek design obscures the nuts and bolts of the grips, cables and weight stacks which allow 360 degree body movement. This is a state of the art studio.

### Fitness Timetable

Our extensive fitness timetable offers a variety of exercise sessions to suit everyone's preferences. For class times and prices, please pick up a timetable from our reception or visit our website.



Information correct  
at time of printing