

Working for you



Brimhams fitness centre at Nidderdale

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	7.30am - 10.00pm
Tuesday	9.00am - 10.00pm
Wednesday	7.00am - 10.00pm
Thursday	9.00am - 10.00pm
Friday	7.30am - 8.00pm
Saturday and Sunday	9.00am - 6.00pm

*£1.00 charge applies to each Hydro visit for a swim and/or use of the gym

Nidderdale Pool and Leisure Centre, Low Wath Road, Pateley Bridge HG3 5HL
Telephone 01423 711442

Brimhams

fitness centre

Swim, Gym, Sport

Looking out over the famous Nidd Valley there couldn't be a better place to get active. The 100sq m Studio has 21 fitness stations, air conditioning, dedicated changing rooms and fully qualified instructors.

All Brimhams memberships include:

- Free swims (timetable permitting)
- Free induction and reviews
- Unlimited access to workout classes
- 20% discount on all sports facilities
- 10% discount on children's parties

(All memberships are non-transferable).



Membership Options

	Monthly direct debit
Nidderdale Total	£37.50
Nidderdale Total Concession	£27.50
Nidderdale Total Couple	£66.75
Nidderdale Total Couple Concession	£49.00

Pay as you go

Casual Gym session	£7.40
Concession Gym session	£4.10
Induction	£14.60

Workout Classes - members free

Pay as you go rates available. Please see our class timetable on reception for prices, times and availability.

Teen Tone Zone

Specialised exercise for 12 - 15 year olds adhering to ACSM guidelines. Fully supervised gym sessions.

Booking required - £3.50 per session.

(6 sessions for the price of 5 - £17.50)

Monday - Friday	3.45pm - 4.30pm
Sunday	10.00am - 10.45am

ACSM - American College of Sports Medicine