

Working for you



Brimhams fitness centre at the Hydro

Price list 1 April 2009 - 31 March 2010



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 or Reception 01423 556767

Brimhams fitness centre

All memberships include:

- ❖ Free induction and fitness programme.
- ❖ Unlimited access to the Fitness Studio, Dance Studio Classes and Kinesis Studio.
- ❖ Free Swims during General Swim, Early Birds, Women Only and Adults Only and Aquafit sessions.
(All memberships are non-transferable).

Membership Options

	Monthly direct debit
Hydro Total	£44.00
Hydro Total Concession	£29.00
Hydro Total Couple	£77.50
Hydro Total Couple Concession	£51.00

Concessions include full time students aged 16 years and above

Fitness Studio

Casual session	£ 8.00
Casual session Concession	£ 4.50
Induction	£13.60
Personal Trainer (per hour)	£30.00
Fitness Assessment	£13.50
Aerobics/Circuits/Conditioning/Step	£ 4.80
Pilates	£ 5.45
Yoga	£ 4.80
GP Referral	£ 4.50
Teen Tone Zone	£ 3.25

Teen Tone Zone

Specialised exercise for 12-16 years adhering to ACSM guidelines. Fully supervised gym sessions.

Bookings required - £3.25 per session

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

ACSM - American College of Sports Medicine

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. Brimhams is the first in the North of England to install this state of the art studio.

Cyclone Spinning

Cyclone Spinning - the most effective and motivating CV workout, beneficial to everyone of any fitness level! For more details, please speak to a Brimhams Trainer.

Harry's Place Crèche

**You look after your fitness -
we'll look after your children**

- ❖ Professionally supervised crèche for children aged 12 weeks - 4 years
- ❖ Pre-booking essential
- ❖ Playroom plus outdoor play area
- ❖ £1.90 per 40 minute session
- ❖ Ofsted regulated