

Activities

Friends on Friday

All adult members can bring a friend for free on the last Friday of every month

Circuit Training

Circuit training is a good all over body workout. It involves a number of work stations which target all muscle groups and develops strength, stamina and endurance.

The class is suitable for any age and fitness level, based on the principle that you work at your own pace.

Class Time – Mondays – 8pm

The booking system is on a first come first served basis – places are limited.

Please note: This class may be cancelled due to availability of rooms.

Teen Gym

Supervised cardio-vascular sessions for teens aged between 13 and 15.

Class Time - Tuesdays 5pm – 6pm.

The booking system is on a first come first served basis – places are limited.