



THE gym

health & Fitness LTD



**MEMBERSHIPS
CONTRACT FREE
PAY AS YOU GO
£3.50**

**1 MONTH £40.00
3 MONTHS £105.00
6 MONTHS £150.00
12 MONTHS £230.00**

**12 MONTHS STANDING ORDER
PAYMENT
£35.00 INITIAL PAYMENT
+ 10 X £21.50**

**MEMBERSHIP INCLUDES –
1 FREE FIT TEST
& UNLIMITED ACCESS TO
GYM – SAUNA
VIBRATION PLATES
TONING TABLES
ABS BLAST – BOXERCISE
SPINNING – ZUMBA
AEROBIC/STEP - PILATES
HIPS/BUMS & TUMS
KETTLEERCISE
TRX CIRCUIT**

OPENING TIMES

**MON to FRI 9.00AM-9.00PM
SAT 9.00AM-5.00PM
SUN 9.00AM-2.00PM**

**15-19 COWPER ROAD
HAREHILLS, LEEDS, LS9 7AP
TEL: 0113 2359489
FAX: 0113 2359490
Email: info@thegymleeds.co.uk
www.thegymleeds.co.uk**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZUMBA BETH S2 10.00-11.00		KETTLERCISE SCOTT S2 10.00-11.00			BOXERCISE SCOTT S2 10.45-11.45
KARATE - BEG PAUL S3 5.00-6.00		KARATE - BEG PAUL & JO S3 5.00-6.00	KARATE - INT/ADV CARL S2 4.30-6.00		KETTLERCISE SCOTT S2 12.00-1.00
KARATE - INT CARL S2 5.00-6.15	KETTLERCISE PAUL S2 5.00-6.00	TRX CIRCUIT PAUL S2 5.00-6.00	HIPS/BUMS & TUMS GILL S3 5.00-6.00	TRX CIRCUIT PAUL S2 5.00-6.00	KARATE PAUL & JO S2 1.00-2.30
ABS BLAST SCOTT S3 6.15-6.45	AEROBICS GILL S2 6.15-7.15	ABS BLAST PAUL S2 6.30-7.00	AEROBIC GILL S2 6.15-7.15	ABS BLAST SCOTT S2 6.15-6.45	
ZUMBA LYNDSAY S2 6.30-7.30					
SPINNING PAUL S1 6.45-7.30	BOXERCISE CARL S2 7.15-8.15	SPINNING PAUL S1 7.15-8.00	KETTLERCISE PAUL S2 7.15-8.15		
TRX CIRCUIT PAUL S2 7.30-8.30	PILATES RACHAEL S1 7.15-8.15	ZUMBA LYNSEY S2 7.30-8.30			

QUALIFIED
INSTRUCTORS

PERSONAL
PROGRAMMES

FAST TAN
SUNBEDS

SHOWERS &
CHANGING
FACILITIES

FITNESS
ASSESSMENTS

SECURE
FLOODLIT
CAR PARK

WEIGHTS &
C.V EQUIP