

ABOUT US

Yateleys Health and Fitness is a non-profit organisation that has been running for over 30 years. We pride ourselves on being a small but active facility, with a range of equipment, daily exercise classes and an on-site swimming pool.

SIGN UP TODAY WITH NO JOINING FEE!

OPENING HOURS

| | |
|------------|---------------|
| MONDAY: | 06:30 - 22:00 |
| TUESDAY: | 06:30 - 22:00 |
| WEDNESDAY: | 06:30 - 22:00 |
| THURSDAY: | 06:30 - 22:00 |
| FRIDAY: | 06:30 - 21:00 |
| SATURDAY: | 08:00 - 20:00 |
| SUNDAY: | 08:00 - 20:00 |

3 SESSION PASS

With a 3 Session Pass, you can try anything you'd like at no cost! With access to one gym session, one swim, and one class, get a taste of everything we have to offer. Inquire at reception.

HIRE OUR COURTS

Football, Basketball, Badminton and Tennis courts are all available to hire! Inquire at reception or go to www.schoolhire.co.uk for block-bookings.

INDUCTIONS

A free induction is available to all members at any time. Anybody 16 or below is required to have an induction for safety reasons.

Adults are welcome to book one and be shown how to use all equipment or specific machines that they may struggle with.

TEEN FIT & CONCESSION

13 - 16 classifies as Teen Fit, and entitles you to the Teen Fit prices. However, 13 year olds are restricted to cardio equipment. In Year 10 you can begin using the resistance machines, and at 16 years old you can use the full gym.

60+ classifies as concession, and entitles you to concession prices, detailed in the Prices section of this leaflet.

PERSONAL TRAINING

30 - 60 minute sessions available with our Level 3 qualified PT.

Contact andy@yateleys.com for more information



@yateleys



@Yateleys Health and Fitness



TIMETABLE AND INFORMATION

01252 746962

www.yateleys.com

SWIMMING

20 Metre on site pool
Over 16's lane swimming

MORNING SWIMMING

MONDAY - FRIDAY

06:30 - 08:00

DAYTIME SWIMMING

(UNTIL DECEMBER 21ST)

MONDAYS & THURSDAYS

12:00 - 13:30

EVENING SWIMMING

MONDAY - THURSDAY

20:30 - 21:50

FRIDAY*

20:00 - 21:00

The first Tuesday evening of every month the pool is closed for staff training.

*Friday evening swims run every other week.

PUBLIC SWIMMING

Public swims are available during school holidays! Times and dates vary per term, check our social media closer to the time for more information.

0-3 FREE **4-18** £3.50
19-59 £5.50 **60+** £4.50

CLASSES

MONDAY

GROUP CYCLING 07:00-07:30
TOTAL TONE 09:15-10:00
BODY PUMP 18:00-18:45
HIIT 18:00-18:45
GROUP CYCLING 19:00-19:45
PILATES 19:00-19:45
PILATES 19:50-20:35

ANDY
AMIE
SARAH
KATIE
KATIE
BECKY
BECKY

TUESDAY

BODY BALANCE 09:15-10:15
CIRCUITS 18:00-18:45
ZUMBA 18:00-18:45
GROUP CYCLING 18:00-18:45
STRENGTH & TONE 19:00-19:45
YOGA 19:50-20:35

REBECCA
ANDY
HANNAH
BECKY MC
ANDY
CHRISTINE

WEDNESDAY

PILATES 09:15-10:00
CARDIO & TONE 10:00-10:45
LOW-FU 18:00-18:45
GROUP CYCLING 18:00-18:45
VINYASA YOGA 19:00-19:45

BECKY
AMIE
BECKY MC
ANDY
RICHARD

THURSDAY

HATHA YOGA 09:15-10:00
AQUA 10:15-11:00
TABATA 18:00-18:45
GROUP CYCLING 18:00-18:45
DANCE AEROBICS 19:15-20:00
TRIGGER POINT PILATES 20:00-20:45

HANNAH
KATIE
MONIQUE
ANDY
JESS
KATIE

FRIDAY

BODYBALANCE 09:15-10:15
GROUP CYCLING 18:00-18:45

HANNAH
KATIE

SATURDAY

GROUP CYCLING 09:00-09:45
BODY PUMP 10:00-10:45

MONIQUE
MONIQUE

SUNDAY

BODY BALANCE 10:00-10:45

LIZ

For more information on classes, visit our website or pick up a Classes Guide from reception.

NON-MEMBERS WELCOME

Yoga, Pilates and Body Balance £8.00
All other classes £7.00

PRICES

GYM ONLY

£22.99 / MONTH

OFF-PEAK GYM

£20.99 / MONTH

SWIM ONLY

£22.99 / MONTH

CLASSES ONLY

£29.99 / MONTH

PREMIUM

£32.99 / MONTH

PREMIUM FLEX

£34.99 / MONTH

CONCESSION

£32.99 / MONTH

CONCESSION FLEX

£34.99 / MONTH

ANNUAL

£329.00 / YEAR

ANNUAL CONCESSION

£259.00 / YEAR

CORPORATE

£27.99 / MONTH

CORPORATE FLEX

£29.99 / MONTH

BLUE LIGHT

£27.99 / MONTH

GYM OR SWIM ONE MONTH ONLY

£22.99

PAY AND PLAY MEMBERSHIPS

ADULT P&P

£6 / VISIT

CONCESSION P&P

£5 / VISIT

STUDENT P&P

£4 / VISIT

TEEN FIT P&P

£3 / VISIT