

SWIMMING

20 Metre on site pool
Over 16's lane swimming

MORNING SWIMMING

MONDAY - FRIDAY

06:30 - 08:00

DAYTIME SWIMMING

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	ANDY
TOTAL TONE	09:10-09:55	AMIE
BODY PUMP	18:00-18:45	SARAH
HIIT	18:00-18:45	KATIE
GROUP CYCLING	19:00-19:45	KATIE
PILATES	19:00-19:45	BECKY
PILATES	19:50-20:35	BECKY

TUESDAY

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

WEDNESDAY

PILATES	09:15-10:00	BECKY
CARDIO & TONE	10:00-10:45	AMIE
AEROBOX	18:00-18:45	ERIN
GROUP CYCLING	18:00-18:45	JORDANNE
VINYASA YOGA	19:00-19:45	RICHARD

THURSDAY

HATHA YOGA	09:15-10:00	HANNAH
AQUA	10:00-10:45	KATIE
TABATA	18:00-18:45	MONIQUE
GROUP CYCLING	18:00-18:45	ELLIE
DANCE AEROBICS	19:00-19:45	LEANNE
TRIGGER POINT PILATES	19:50-20:35	KATIE

FRIDAY

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

SATURDAY

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

SUNDAY

BODY BALANCE	10:00-10:45	LIZ
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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

£25.99 / MONTH

CONCESSION FLEX

£27.99 / 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

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