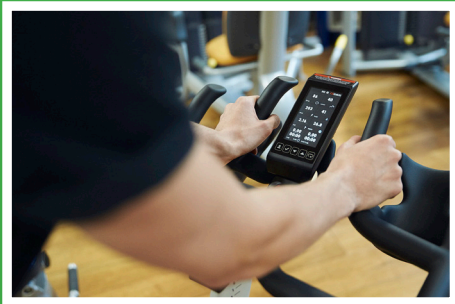


14-17 FITNESS & MEMBERSHIP

2019




COLETS
HEALTH & FITNESS

GYM

Whilst 14-17 members are permitted to use the gym during their access hours, there are some restrictions:

- **All 14-17 must under-go an induction before using the gym for the first time.**
- Whilst 14-15 year-olds are able to use the cable-weights on the ground floor, they must follow a program set by one of our instructors.
- 14-17's are not allowed to use the free-weights.

*** Remember, Functional Training classes are available; ask a gym instructor for more details. ***

Learning to use the gym correctly and efficiently is crucial for ensuring a healthy lifestyle. In addition to building muscle and improving fitness, exercise can provide stress relief from school and college, help generate a routine and structure for one's life, and be a great way for families to bond.



Special Offers

@
Rejuvenate!

In addition to the incredibly low price for membership, 14-17 year olds can also treat themselves to a range of treatments at our health and beauty area in Colets, starting from just £5!

Terms and conditions apply.
Under 16's must be accompanied by an adult.
Cannot be used in conjunction with any other offers.
See poster or ask at Rejuvenate for more details.

ALL 14-17 YEAR-OLD MEMBERS AT COLETS ARE ALSO ENTITLED TO USE:

Pool
Steam room
Sauna
Jacuzzi
Squash courts
Table Tennis
Cafe Bar
Rejuvenate
The Cutting Room

ACCESS TIMES

Monday - Thursday	06:30-17:30*
Friday	06:30-22:00
Saturday - Sunday	08:30-21:00**

*Last check-in; must be out of facilities by 18:45
**The gym closes at 20:00 on a Saturday and Sunday



  
@COLETSHEALTH

Terms and Conditions

Any 14-17 member must be linked to a Peak/Daytime adult member.
Members must sign in at Reception with their Membership Card.
All 14-17's must oblige by the club rules (found on the back of the Membership Application Form).
14-17 members may not sign in guests or visitors.

HIGHLIGHTED BELOW ARE A VARIETY OF CLASSES THAT ARE PERFECT FOR 14-17 YEAR OLDS, AND CAN BE ATTENDED AROUND SCHOOL AND COLLEGE:

Strong Not Skinny - A fun and effective conditioning class using free-weights to tone and strengthen your body into the shape you have always wanted. Come and learn strong effective conditioning moves and notice a difference in how your body looks and feels.

Group Cycle - The ultimate low-impact workout to burn fat fast & improve your fitness level. Group cycling has a variety of different styles.

Functional Training - A high intensity strength & conditioning class which is specifically for 14-17 year olds!



Here is a full schedule of classes available to the 14-17 year-olds here at Colets. With over 45 classes to choose from, young adult members can book on up to 7 days in advance (usual club rules apply i.e. cancellations and etiquette).

MONDAY

06:35 07:20	SUSPENSION CIRCUIT*	3
09:15 10:00	KONGA*	1-3
09:30 10:15	GROUP CYCLE*	1-2
09:45 10:30	AQUA MIX*	1-2
12:30 13:10	CORE CONDITIONING*	1-2
16:00 16:30	FUNCTIONAL TRAINING	1-3
17:30 18:15	GROUP CYCLE*	1-3

TUESDAY

09:05 10:00	ZUMBA*	1-2
09:20 09:50	GROUP CYCLE HIIT*	3
09:30 10:45	FLOW VINYASA YOGA*	1-2
09:45 10:30	AQUA DEEP WATER*	1-2
10:00 10:30	GYM CORE*	1-2
11:45 12:30	GROUP CYCLE*	1-2
12:35 13:20	PILATES*	2-3
17:00 17:30	FUNCTIONAL TRAINING	1-3

WEDNESDAY

06:35 07:20	CIRCUITS*	1-3
09:30 10:20	COACH BY COLOUR*	1-3
09:30 10:30	BARRE CONCEPT*	2-3
09:45 10:30	AQUA MIX*	1-2
10:30 11:25	PILATES*	2-3
10:45 12:00	IVENGAR YOGA*	2-3
11:30 12:25	PILATES*	1-2
12:30 13:15	PILATES*	1-3
16:15 16:45	FUNCTIONAL TRAINING	1-3
17:30 18:15	STRONG NOT SKINNY*	1-3

THURSDAY

06:35 07:20	SWIM FIT*	1-2
09:10 09:55	BARRE CONCEPT*	1-2
09:45 10:30	AQUA DEEP WATER*	1-3
10:00 10:30	GYM CORE*	1-3
10:10 11:25	IVENGAR YOGA*	2-3
12:15 13:00	SWIM FIT*	1-3

FRIDAY

06:40 07:10	GROUP CYCLE HIIT*	3
10:30 11:30	PILATES*	2-3
11:35 12:20	FITNESS PILATES*	1-3
11:35 12:45	GENTLE FLOW VINYASA YOGA*	1-2
12:30 13:15	BOXERCISE*	1-3

SATURDAY

08:35 09:15	KONGA*	1-3
08:50 09:20	GYM CORE*	1-3
09:00 10:00	PILATES*	2-3
09:20 10:00	KONGA*	1-3
09:30 10:15	COACH BY COLOUR*	1-3
11:00 11:45	TOTAL BODY WORKOUT*	2-3
17:00 17:30	GYM CORE*	1-3

SUNDAY

09:00 09:30	GYM CORE*	1-2
09:00 10:15	HATHA YOGA*	1-2
09:30 10:20	GROUP CYCLE*	2-3
10:30 11:00	GYM CORE*	1-2
10:45 11:45	FLOW VINYASA YOGA*	1-3
17:00 17:45	CIRCUITS*	1-3

HELPFUL HINTS FOR YOUNG MEMBERS:

- ✓ check-in @ reception on arrival
- ✓ remember the membership card
- ✓ use the lockers provided

SQUASH COURTS

- ✓ wear indoor, non-marking trainers
- ✓ book in advance when possible
- ✓ borrow rackets &/or balls
- ✓ be considerate of other players

CLASSES

- ✓ book an induction if necessary
- ✓ try and book in advance
- ✓ bring a towel & water
- ✓ arrive 5 minutes early
- ✓ wear suitable clothing
- ✓ don't be afraid to ask questions
- ✓ don't be afraid to make mistakes

SWIMMING POOL

- ✓ use the wet changing area
- ✓ please shower before and in-between using the pool, sauna, or jacuzzi
- ✓ be sure to follow the rules of swim lanes
- ✓ be considerate of classes and others using the facilities

- Mind & Body classes
- Dance classes
- High Intensity classes
- Strength & Conditioning classes
- Pool classes
- Cycling classes



FOR THE LATEST TIMETABLE, VISIT OUR WEBSITE.