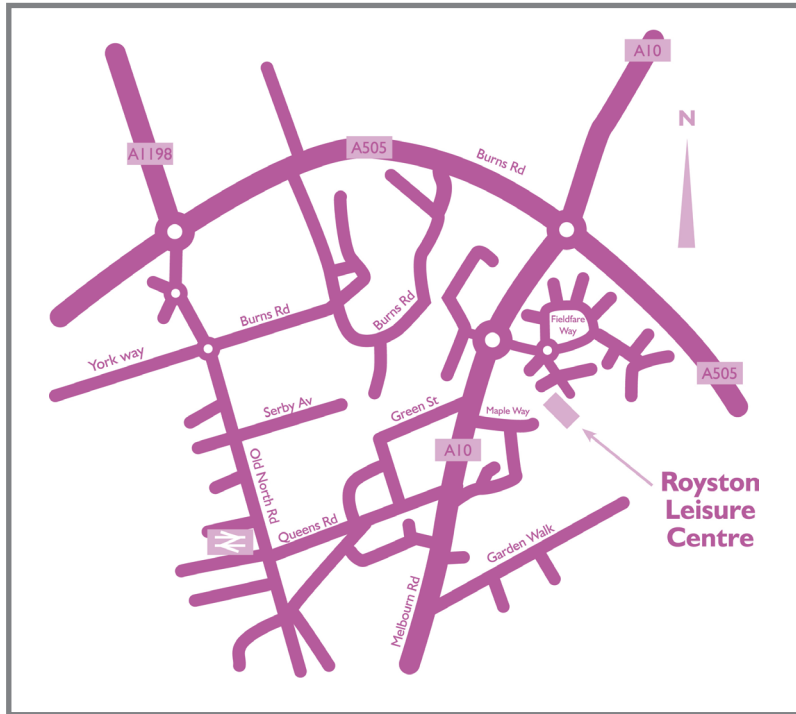


Fitness Memberships



- Superb Technogym equipped Fitness Suite
- Friendly & qualified staff
- Wide range of workout classes
- Personal Training
- A membership to suit you

fitness @ royston
enjoy your health

01763 255190

Mon-Fri 6.00am-10.00pm Sat-Sun 7.00am-6.00pm



Working in partnership



NORTH
HERTFORDSHIRE
DISTRICT COUNCIL



Royston Leisure Centre

Woodcock Road, Royston, Herts SG8 7XT

E. royston@stevenage-leisure.co.uk



Gym

fitness @ royston is superbly equipped with the latest Technogym equipment with state of the art interactive viewing screens allowing you a choice of viewing whilst you workout. Your progress is monitored through the Wellness Key system that allow members to review their training results after each workout.

With a professional team of qualified fitness instructors and support staff we remain committed to helping you to achieve your goals and fully benefit from your membership.

Our fitness team is on hand to help you get the most of your programme to ensure it continues to be effective and work for you. The Centre also offers a range of other services to improve your health and wellbeing - for example diet and nutrition advice or fitness tests. Please make an appointment with one of the REPs registered staff who are qualified to assist.



fitness @ royston membership options

Gold Membership

- Unlimited use of the fitness suite
- Unlimited use of the swimming pool
- Unlimited Exercise Classes
- Discounted rates on sports hall activities
- Booking privileges
- Available as single and joint membership.

Silver Membership

As per Gold Membership above but at off-peak times as follows:

Off-peak times:
Monday-Friday, 9.00am – 5.00pm

Annual Membership

Also available as single or joint membership.

For further details on wide range of available memberships, please contact a Customer Advisor on 01763 255190.

Speak to a Customer Advisor about our corporate memberships or take advantage of our great annual deals!

Pay as you go Gym Option

You can enjoy the benefits of the gym without entering into a financial commitment. Please contact reception for further details.

Exercise Classes

Members (as part of their membership) and non members (on a pay as you go basis) can enjoy a range of over 30 exercise classes in our 2 dance studios with experienced and highly qualified instructors to ensure a great experience within a group exercise environment.

The variety of classes aims to include something that will suit everyone. Enjoy favourites such as Aerobics, Boxercise, Ab Attack, and Legs, Bums and Tums.

Please see class workout leaflet and notice boards for an up-to-date timetable or visit the centre's website: www.stevenage-leisure.co.uk.

Get Results with Personal Training

Personal Training is available to our members and non-members. Personal Trainers can educate and motivate, on a one to one basis, and help to achieve goals in record time. Please speak to a member of the fitness team for more details or pick up a leaflet on site.

