



Our 100+ station gym features:

- State-of-the-art machines overlooking the pool area
- Cardio, resistance, plated and freeweight equipment
- A dedicated functional training zone
- Our PulseMove system automatically tracks your distance, speed, heart rate, weight lifted and calories burned
- Our fitness instructors can even create a personalised workout plan just for you!



High Street, Clowne S43 4JY
www.goactive.org.uk



Fitness Family

Keep your family moving!

By training as a family it strengthens bonds and increases physical activity levels. You will be able to train together using the cardio machines (treadmill, rowers, bikes and cross trainers) and resistance weight machines. Adult supervision is required at all times (1 adult to 2 children) and an induction is required before you start using the equipment.

Saturday from 1-5pm (1 hour slots available to book)

Adults with children aged 11-14 years
Free to 365 members, otherwise £4 per session

Junior Gym

Our junior gym is a fantastic opportunity to get involved in health and fitness through exercise and a great way for you to meet new friends and socialise while engaging in a fit and healthy lifestyle.

All sessions are supervised by a qualified Fitness Instructor and you will be able to train using the cardio machines (treadmill, rowers, bikes and cross trainers) and resistance weight machines.

Weekdays 3.30-4.15pm and 4.15-5pm (booking essential)

Children aged 11-14 years
Free to 365 members, otherwise £4 per session

Personal Training

Our personal trainers will help create a unique workout plan to fit your individual needs and goals, accommodating an injury or other obstacle that might otherwise prevent you from exercising.

They will inspire you to reach your goals and will focus on areas such as flexibility and core, weight training, diet and nutrition, fitness advice, muscle toning and cardio fitness.

Times and dates to suit individuals (booking is essential)

Anyone aged 15 years and above
£15 for 30 mins, £25 for 60 mins or book five 60 min sessions for £110

To book call in at reception or telephone 01246 242 365

You will need to undertake an induction before using any of our equipment. You will also need to purchase a PulseMove card from a member of our Fitness Team to use the machines in the gym.