



Gym Activities



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



Family Fitness



Keep your family moving with our Family Fitness sessions that take place every Saturday from 1-5pm in the gym. Aimed at adults with 11-14 year olds, you will be able to train together using the cardio machines (treadmill, rowers, bikes and cross trainers) and resistance weight machines.

By training as a family it strengthens bonds, is great fun, increases physical activity levels and develops skills and confidence.

Adult supervision is required at all times (1 adult to 2 children) and an induction is required before you start using the equipment.

Sessions cost £4 per session (free to 365 members) and booking is essential. Please call 01246 242 365.

Junior Gym

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

During each session juniors have the opportunity to use the state of the art gym equipment in a fun, exciting and safe environment.

Sessions run twice every weekday from 15:30-16:15 and 16:15-17:00 and must be pre-booked at reception.

All sessions are supervised by a qualified Fitness Instructor and all new juniors will be inducted on how to use the equipment correctly and safely before use.

Aimed at children aged 11-14 year olds, you will be able to train using the cardio machines (treadmill, rowers, bikes and cross trainers) and resistance weight machines.

£4 per session (free to 365 members). Eight places per session so booking is essential. Please call 01246 242 365.



Personal Training



There are countless benefits to working out with a personal trainer. People of any age and experience level can see better results and live a healthier lifestyle.

Our personal trainers will help create a unique workout plan to fit your individual needs and goals, and can accommodate 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.

You can choose which personal trainer you want and the sessions cost £15 for 30 minutes, £25 for 60 minutes or you can book five x 60 minute sessions for £110.

To book, please telephone 01246 242 365.

We Speak Your Language

Polish

Mówimy Twoim
językiem

Slovak

Rozprávame Vaším
jazykom

Chinese

我们会说你的语言

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