

# Welcome to Inspire Health & Fitness



⇒ NO CONTRACTS ⇒ NO JOINING FEES ⇒ FREE PARKING

## Inspire Fitness Studio

At Inspire Health & Fitness you will find a modern Fitness Studio and a programme which incorporates a wide variety of Studio Classes at affordable prices.

No Contracts, No joining Fees, Free Parking!

We have a variety of payment options available including Pay as You Go, Pay up Front Saver Tickets and Direct Debit Packages.

So if its toning up or just enjoying a healthier lifestyle you're looking for, inspire at Shenley Leisure

## Inspire Studio Classes

Our extensive range of classes provide a great way to get to get in shape and improve your fitness. Our class programme caters for all fitness levels and abilities, there really is something for everyone.



Our class timetable includes some of the most popular workouts such as Aerobics, Yoga, Circuit Training, Pilates, Zumba, Fit Steps, and many more. In addition we have specialist classes for the over 50's.

Our instructors are fully qualified and all have their own style of teaching. We suggest you try out a few different classes to find the class and the instructor that suits you.

Young Persons (14+) can now attend some of our studio classes with a parent and, or guardian. Please ask at reception for more details.

## Teen Fit .....for 11 to 15 year olds

If you want the chance to use the Fitness Studio including all the Cardio-Vascular and Strength equipment before you are 16, this is the one for you! The sessions are taken by a qualified instructor on Tuesdays & Thursdays 4.00pm - 5.00pm

For more details grab a Teen Fit brochure or visit our website [www.shenleyleisure.org.uk](http://www.shenleyleisure.org.uk) alternatively contact us on 01908 502488.

Our air conditioned fitness studio benefits from state of the art Matrix CV & Life Fitness Strength equipment, with an excellent mix of both cardiovascular and strength equipment.

### Cardiovascular Machines

The CV offering includes Treadmills, Bikes, Elliptical Trainers, & Concept rowers. All are extremely user friendly and include the following features;

Integrated touch screen LCD consoles

Heart Rate Monitoring

Access to TV, Radio & Social Media Entertainment

Access to Work Out Profiles



### Strength Equipment

You will not be intimidated by the distinctive look of the Signature Series strength equipment, but instead marvel at how easy it is to use. There really is more to strength training than power lifting and leather weight belts!

The inspire studio includes a range of strength equipment to cover the upper and lower body, the torso and a cable motion machine for the more experienced trainer, allowing user-defined movement. Its natural "free range" motion that provides a virtually unlimited amount of resistance-training options.

## Your Payment Options ↓

Fitness Studio	DD	Saver	PAYG
1 to 1 Induction	£15.00*	£15.00*	£15.00*
Per Session	-	-	£5.50
Parent/Teen session	-	-	£4.00 £2.00

\*Our induction process is subject to staff availability. For customers who feel competent to safely use the equipment without assistance, can opt out of the inductions by signing our Par-Q form.

Fitness Classes	DD	Saver	PAYG	Standard
Per Class	-	-	£5.50	£6.50
50+ Class	-	-	£4.50	£5.50

## SAVER TICKETS

Unlimited Use	Classes or Fitness Studio	Classes and Fitness Studio
1 month	£34.00	£40.00
3 months	£79.00	-
6 months	£120.00	£170.00

Please see our great value Direct Debit options overleaf.

