

SEPTEMBER - DECEMBER 2019

THE HERNE CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.15 - 10:05 FITNESS FOR ALL 3* Corinne		09.15 - 10:05 YOGA FOR ALL 3* Claire		09.15 - 10:05 FITNESS FOR ALL 3* Dan		
10.15 - 11:05 PILATES FOR ALL 3* Corinne		NEW 10.15 - 11:05 PARACISE 3* Kelly		NEW 10.15 - 11:05 PARACISE 3* Dan		

All fitness classes can be booked via the app, online or by telephone and can be made 7 days in advance of the class. Booking is strongly advised for all fitness classes. Not only will this ensure your place in the class, but also if a class is cancelled we will be able to inform you at the earliest opportunity.

If a booking needs to be cancelled please give as much notice as possible so that your place can be offered to another person.

Please ensure you confirm your attendance for each class by swiping in at reception ahead of the class.

On occasion it may be necessary for a class to be cancelled or for the class instructor to be changed, Active Life reserves the right to do this at anytime. Where possible advance notice will be given to those members who have booked the affected class, however where circumstances are beyond our control, this may not always be possible.

If you are new to the class please arrive before the warm-up commences, allowing appropriate time to discuss with the instructor your suitability for the class.

Participants will not be allowed in the fitness studios once the warm-up has commenced.

Please ensure you have read the full studio guidelines, which are located in each studio.

- Energetic workouts to burn calories & raise heart rate
- Strength, core stability, flexibility, relax & energise
- Combination of energetic workout & muscular strength & endurance
- Dance or martial arts
- Gentle Workouts

PAYMENT OPTIONS

Classes are charged at £5.20 per class at the desk on arrival. If you want to save money, you can pre-book and pay for your classes at the prices below through our smartphone app.

Please note that for payment on the day, the centre is a cashless facility. Card payments only.

	PRE-BOOK PRICE
5 STAR MEMBER	FREE
3 PLUS STAR MEMBER	FREE
4 STAR MEMBER	£4.70
3 STAR MEMBER	£3.60
NON MEMBER	£4.70

**TO REGISTER FOR A
PRE-BOOKING LOG IN
ACCOUNT PLEASE VISIT
www.activelifeltd.co.uk/register**