

JANUARY - APRIL 2020

THE HERNE CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>09.15 - 10:05 LOW IMPACT BUMS LEGS & TUMS 3* Corinne</p>		<p>09.15 - 10:05 MATURE STRETCH 3* Kelly</p>		<p>09.15 - 10:05 LOW IMPACT BUMS LEGS & TUMS 3* Dan</p>		
<p>10.15 - 11:05 PILATES FOR ALL 3* Corinne</p>		<p>NEW 10.15 - 11:05 PARADISE 3* Kelly</p>		<p>NEW 10.15 - 11:05 PARADISE 3* Dan</p>		

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.

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 a booking needs to be cancelled you must give notice to avoid a charge.

Members

Over 4 hours notice: class cancellations are free of charge.

Under 4 hours notice: classes cancelled within 4 hours of the start time will be charged £2.50 per class cancellation.

No notification/ no show: no shows will be charged £5.00 per class cancellation.

Non-Members

Over 4 hours notice: The fee paid for class booking can be carried over to the following week.

Under 4 hours notice/ No notification or no show: The fee paid for class booking will be lost.

Please ensure you confirm your attendance for each class at reception.

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.

Any charge allocated will immediately affect access to booking/centre access so prompt payment is advised.

This can be done either at reception or by phoning The Bay Sports Arena on 01227 366921.

Please note that the '3 strike' system and appeals process which is currently in place will not be running from 1st January 2020.

 Strength, core stability, flexibility, relax & energise

 Low impact cardio workout with strength, toning exercises for problem areas

 Gentle Workouts

PAYMENT OPTIONS

Classes are charged at £5.30 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	£4.80
3 STAR MEMBER	£3.70
NON MEMBER	£4.80

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