



Lifestyle Fitness

Annual Membership Options

Inductions

Individual Fee	£18.00
Re-Induction	£9.00

Casual Members

Single Session	£4.50
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If you exercise two or more times a week you will save £££'s if you sign up to one of our Direct Debit Options (see below).

Off-Peak Member - Monthly by Direct Debit

Single Off-Peak	£18.50
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Based upon the casual price, if you train 2 sessions per week you could save as much as £200 per year.

Joint Off-Peak	£30.00
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Based upon the casual price, if you train 2 sessions per week you could save as much as £480 per year.

Full Member - Monthly by Direct Debit

Single Full (inc. free swim)	£26.00
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Based upon the casual Fitness Suite Price and the Swimming Price if you train 2 sessions per week and also swim twice a week you could save as much as £356 per year.

Joint Full (inc. free swim)	£43.50
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Based upon the casual Fitness Suite Price and the Swimming Price if you and your partner train twice a week in the Fitness Suite and also swim twice a week you could save as much as £809 per year.

With all of our Direct Debit options the more you train the more you save.



Lifestyle Fitness

Prior to using the Lifestyle Fitness Suite you are required to complete an induction. Once this session has been completed you have various membership options available to you. If you sign up to any of our Full Direct Debit Member Options we will waive your induction fee (saving you £18). All you have to do to qualify is to agree to pay a minimum of three month's subscriptions and pay your first subscription at the time of your induction.

Casual Membership

As a casual member you pay each time you visit the Fitness Suite. This may suit people who can only train once a week or can only train infrequently.

Off-Peak Membership

Off-peak members are granted ENTRY to the Fitness Suite as follows:

Mon to Fri 9am-4pm, Sat & Sun 9am-4pm

Use of the Fitness Suite outside these hours is permitted but the casual member rate is charged. Payment can be made as an annual lump sum or monthly by Direct Debit.

Full Membership

Full membership entitles you to use the Fitness Suite at any time of the day, any day of the week. Payment can be made as an annual lump sum or monthly by Direct Debit. (Full membership includes FREE SWIMMING, subject to availability)

Opening Hours

Monday to Friday	9.00am - 9.30pm
Saturday & Sunday	9.00am - 4.00pm

For further information please contact:

Whitecross Leisure Centre	(01594) 842383
Church Road, Lydney, Gloucestershire GL15 5DZ	