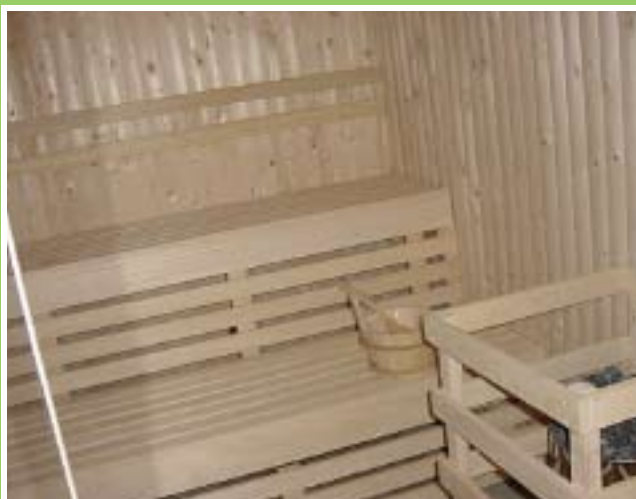


Why choose Castlemere H & F Suite?



Castlemere Community Centre's Health & Fitness provision is based in the very heart of the community. The only centre owned by the community, run by the community and managed by the community. Fully equipped with the state of the art Gym equipment consisting of a wide variety of CARDIO and RESISTANCE machines.

Castlemere offers a total body workout covering all major muscle groups and joint movements to develop strength and stamina. With the emphasis on fitness and not just strength each piece of equipment is designed to work specific areas of the body to improve muscle tone and meet your own individual needs.

Whether you are looking to tone up, improve your fitness levels or generally lose some of those unwanted inches.

**"Come and Join
Castlemere Health & Fitness Suite
for a fitter, healthier lifestyle."**

FITNESS AND FUN FOR EVERYONE

GYM Timetable

MON	TUES	WED	THUR	FRI	SAT	SUN
	9:00AM MALE 11:00AM	9:00AM	9:00AM MALE 11:00AM			
10:00AM FEMALE	12:00AM	FEMALE	12:00AM	10:00AM FEMALE	10:00AM FEMALE	12:00AM
3:00PM		3:00PM		3:00PM	3:00PM	MALE
4:00PM	FEMALE	4:00PM	FEMALE	4:00PM		6:00PM
MALE		MALE		MALE		
10:00PM	9:00PM	10:00PM	9:00PM	10:00PM		

CONDITIONS OF USE

- Each user must undertake an induction session. Minimum age 16 years. Before undertaking any new programme of fitness or if you have an existing medical condition of any kind you are strongly advised to seek medical advice to ensure that this method of exercise is appropriate for you. Castlemere is unable to accept responsibility for injury caused by the negligence or misuse of equipment by the user. Where a Standing Order is in operation membership runs concurrently and remains valid until cancelled. Refunds will only be made at the discretion of the Management or their agent. Members can apply to freeze their membership in special circumstances. Membership can only be frozen on 2 occasions per annum. In the event of cancellation Castlemere reserves the right to collect all unpaid membership fees. All membership cards remain the property of Castlemere and must be returned if membership ceases. The Castlemere H & F Suite Management or their agent shall have control: (i) On the number of persons using the facility at any one time. (ii) On the availability of facilities, e.g. when officially opened and, as appropriate, when fit for use. All users must agree to observe the regulations and by laws of Castlemere. All prices are subject to change.

Tweedale Street Rochdale OL11 1HH
T: 01706 645200 F: 01706 645771



Are **you** taking the right steps to **stay** healthy?

Join today and work those inches away.



Castlemere Health & Fitness

- A wide variety of cardio and resistance machines
- Steam Room & Sauna
- FREE Induction Course
- FREE fitness assessment
- FULLY qualified instructors
- FREE Secure parking
- Convenient Monthly Payments

CASTLEMERE
COMMUNITY CENTRE
www.castlemere.org
T: 01706 645200 F: 01706 645771

The Castlemere Promise

Our staff is committed to achieving your individual training needs, targets and objectives. We ensure staff deliver professional expert tuition at all times in a safe and friendly environment.

Introduction to Fitness

Your induction course at Castlemere will give you an introduction into the safe use of each piece of equipment and familiarise you with the parts of the body it is designed to exercise.

Fully trained Castlemere Fitness advisers are always available on subsequent visits to assist if required. If you have any questions about the use of the equipment please do not hesitate to ask.

CASUAL MEMBERSHIP

Joining Fee £20.00
this includes:
FREE Full Induction
FREE Personal Fitness Programme and
1 FREE Session

Price per session £5.00
CASUAL USE Maximum 3 hours per session

The gym may not be used without an induction.

To book your induction session simply ring Castlemere Health & Fitness Suite.

Other costs:

REPLACEMENT OF LOST CARDS £5.00
REPLACEMENT OF LOST KEYS £7.50

T: 01706 645200 F: 01706 645771



"It's never too late to begin!"

- IMPROVE YOUR FITNESS & LIFESTYLE
- SUCCESSFUL WEIGHT LOSS PROGRAMMES
- TAILORED SERVICE FOR INDIVIDUAL NEEDS
- STATE OF THE ART EQUIPMENT
- AFFORDABLE MEMBERSHIP



GREAT NEW DEALS WITH OUR NEW MEMBERSHIP OFFERS...

1 Months Membership: Payable in full at the time of joining
Single £25.00

3 Months Membership: Payable in full at the time of joining
Single £60.00

6 Months Membership: Payable in two instalments.
Single £114.00

12 Months Membership: Payable in monthly instalments at
£18.00 per month.
or payable in full at £216.00

Student Rate: 1 month £20
3 - 6 - 12 months **£15 per month**

Membership Details / Methods of Payment

Pay your membership in full in advance by cash or cheque and we will waive the joining fee. You are also guaranteed a fixed price for the full 12 month period.
(Applies to 12 month membership ONLY)

Pay monthly by convenient instalments through your bank with payment on 1st of each month.

Membership fees are subject to review. The total amount payable by Standing Order during a full 12 month period may therefore be subject to change.

Joining Fee: £20.00 (Payable in full at time of joining)
Joining Fee Includes FREE Induction course and personal fitness programme.

Children under the age of 16 years cannot use the Fitness Studio.
1, 3 & 6 month memberships are for a fixed term and cannot be Frozen, Cancelled or Refunded. 12 month memberships maybe Frozen at maximum twice for the year.