

TIMETABLE

	8:30	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	
M O N	Health Club					Closed	Stroke Workshop	Pulmonary Workshop	Fit 4 Kids			Fit 4 All	Fit 4 Ladies Cardio
T U E		Heart Workshop		Heart Workshop		Heart Workshop	Can B Fit	Fit 4 Kids			Fit 4 All	Fit 4 Ladies Core Stability	
W E D	Health Club					Closed	Private Session	Pulmonary Workshop	Fit 4 Kids			Fit 4 All	Private Session (Available for hire)
T H U		Heart Workshop		Heart Workshop		Heart Workshop	Fit 4 Over 50's	Fit 4 Kids			Fit 4 All	Private Session (Available for hire)	
F R I	Health Club					Closed	Stroke Workshop	Pulmonary Workshop	Fit 4 Kids			Fit 4 All	Private Session (Available for hire)

KEY: Open Sessions Over 50's or Referrals Only
 Group Fitness Classes

Classes Referrals Only
 Private Hire (Ask staff for details)

Open Sessions- Part of Fit 4 All (Aged 11-15 Welcome)
 Open Sessions (Open to all)

www.fit4lifecumbria.org

Welfare Hall, Main Road,

Maryport, Cumbria CA15 8DD

Tel: 01900 814782



GYM ENTRY & MEMBERSHIP FEES

MEMBERS	Children (11-15)	Adults	OAP's & Referrals	Couples (Adults)	Couples (OAP's & Referrals)
Single Session	£1.50	£3.50	£3.00	£6.50	£5.50
1 Month	£10.00	£25.00	£18.50	£35.00	£30.00
3 Months		£65.00	£50.00	£90.00	£75.00
6 Months		£115.00	£90.00	£160.00	£140.00
12 Months		£205.00	£170.00	£300.00	£260.00

NON MEMBERS	Children (11-15)	Adults	OAP's & Referrals	Couples (Adults)	Couples (OAP's & Referrals)
Single Session	£2.00	£4.00	£3.50	£7.50	£6.50
1 Month	£12.50	£30.00	£22.50	£45.00	£40.00
3 Months		£80.00	£60.00	£115.00	£100.00
6 Months		£140.00	£110.00	£210.00	£175.00
12 Months		£250.00	£200.00	£390.00	£310.00

Annual Membership £15

Members pay lower session and monthly fees
(yellow prices)

VIBROGYM	Members	Non Members
Single Session	£3.00	£4.00
10 Sessions	£25.00	£30.00

Pre-pay for 1 month or more and get HALF PRICE VibroGym

www.fit4lifecumbria.org

Welfare Hall, Main Road,

Maryport, Cumbria CA15 8DD

Tel: 01900 814782

