

fitness 4 everyone...



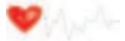
The Fitness Suite incorporates:



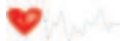
4 Treadmills



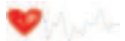
4 "Concept 2" Rowing Machines



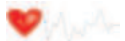
4 Stair Climbers



6 Stationary Bikes



Free Weights



Wide Variety of Resistance Machines



Paignton Community
& Sports College



Opening Times:

Monday - Friday:

5pm - 9pm

Saturday:

9am - 1pm

Membership Options:

◆ £20 per month by Direct Debit

◆ £25 per month by cash/cheque

or

◆ £4 per workout

◆ £3 per session for Students over 16, with valid student ID

◆ £2.00 per session for 11 - 16 year olds only**

**Under 14s to be accompanied by an adult

NO JOINING FEE!

**FREE INDUCTION TRAINING
PROGRAMME!**

To join please book your

FREE INDUCTION

by telephoning 01803 393772,
or call in and speak to an instructor.

Fitness Suite
Paignton Community
& Sports College
Borough Road
Paignton
TQ4 7DH

Fitness Suite Manager:

Paul Read

Tel: 01803 403722 (office hours)

