

Fitness suite AGE 16+

Located at our Green Lane site, our fitness suite has a fantastic range of fitness and strength equipment. Whether you are looking to join a gym for the first time, looking for a fresh start at a new club or if you have been out of training for a while and want to get back into shape we can help you!

Our fully qualified and friendly fitness team are dedicated to help all our members get the results they want and to help them enjoy a fitter and healthier lifestyle regardless of age, size, shape or ability!



Fitness suite prices

	Full	Concession
Induction	£10	£7.50
Daily	£3	£2
Monthly	£20	£12
Three months	£45	£30
Annually - peak	£149	£99
Annually - off peak	£99	£79
Fitness programme	£10	£7.50

Opening hours

Monday - Thursday 9 - 10pm
 Friday 9 - 9pm
 Saturday & Sunday 10 - 5pm
 Inductions Tuesday, Wednesday, Thursday and Fridays 7pm or 8pm. Daytime inductions available on request.

Fitness classes

	Time	Full	Concession
Monday			
Over 50's Fitness	11 - 12noon	£3.50	
Legs , Bums & Tums	6.30 - 7.25pm	£3.60	£2.15
Tuesday			
Legs , Bums & Tums	12.45 - 1.45pm	£3.00	
Over 50's Keep Fit	1.45 - 2.45pm	£3.00	
Wednesday			
Over 50's Fitness	12 - 1pm	£3.50	£3.50
Fitness Gym	9 - 1pm	£10	£7
Drop-in with GP referral instructor			
Thursday			
Legs , Bums & Tums	6.30 - 7.25pm	£3.60	£2.15



Eazyfit

Oasis has teamed up with Eazyfit personal training, who specialise in tailored one to one fitness sessions. Eazyfit also cater for ante and post natal exercise, nutritional advice, assessments and training in outdoor environments. All Eazyfit trainers are REP'S level 3 qualified.

For further information on one to one sessions contact: 07590046509 or go to www.eazyfit.co.uk

