

THE HEALTH RESOURCE CENTRE, BENWELL GYM AND CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Next Steps 10.30 - 11.30am	Women Only Gym 9.00am - 1.00pm	Next Steps 10.30 - 11.30am	Men Only Gym 8.00 - 9.00am	Women Only Gym 9.00am - 1.00pm	Zumba 10.00 - 11.00am
Family Gym* 4.00 - 6.00pm	Zumba for women 9.45 - 10.45am	Family Gym* 4.00 - 6.00pm	Next Steps 10.30 - 11.30am	Step and Tone for women 9.30 - 10.30am	Family Gym* 11.00am - 1.00pm
Legs, Bums and Tums 5.30 - 6.30pm	Next Steps 1.30 - 2.30pm	Zumba 5.45 - 6.45pm	Family Gym* 4.00 - 6.00pm	Yoga for women 10.45 - 11.45am	
	Family Gym* 4.00 - 6.00pm		Boxercise 5.30 - 6.30pm		

Opening Times

Monday - Thursday: 8am - 7pm

Friday: 8am - 6pm

Saturday: 9am - 1pm

Gym inductions available Monday to Saturday. Please speak to a member of the team for more information.

*Gym open to general public as usual during the Family Gym times.

Gym - £2.50
Classes - individually priced, please speak to reception
Monthly gym membership - £15

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