

# Junior Memberships (14-16 yrs)



Our Junior Membership is the perfect option if you're aged 14-16 years\* and have an interest in fitness. Our team of fully qualified instructors will be on-hand to offer you help and advice when you need it. They will also design a bespoke programme tailored to your personal goals and review this regularly to ensure you get the most out of your workout.

Equipment	Permitted	Not Permitted
All cardio equipment (Treadmills, Cross trainers, Rowing Machines, Exercise Bikes)	✓	
Synrgy 360T (excl. cable)	✓	
Spinning Bikes	✓	
Yoga Balls / Medicine Balls / Bender Balls	✓	
Resistance Bands	✓	
Ankle Weights	✓	
Resistance Machines		✓
Half Rack (inc. all weighted plates)		✓
Dumbbells / Kettlebells		✓
Cable systems (Dual cable & Synrgy cable)		✓

## Junior Membership Opening Hours

During term time:

Mon – Fri 4pm-7pm

Weekends 12pm-4pm

During school holidays:

Mon-Fri 9am-5pm

Weekends 12pm-4pm

Membership Cost:

Monthly - £15

Yearly - £165

\*Membership valid until 16th birthday

NB: You do not need a parent to come with you, but you will need a signature from a parent/guardian before you sign up to a membership.