

health & fitness

Easy Payment Schemes

Premium package:

This gets you everything health & fitness has to offer, 5 great gyms, 5 refreshing pools, and a huge selection of excellent fitness classes. Classes available at Pingles, Bedworth, Alderman and Jubilee. It even includes our crèche facilities!

Includes fitness assessment X2, personalised programme design and regular programme reviews.

PTL 30.00 pm* NPTL 33.00 pm*



**POWERPLATE
UPGRADE
ONLY £2pm**

Gym & Swim Day Time package:

Our Day Time package delivers the same multi use gym and pool benefits as our premium package but offered at a reduced rate for off peak users. Unlimited Gym & Swim between 10.00am and 3.00pm Monday - Friday.

Includes fitness assessment X2, personalised programme design and regular programme reviews.

PTL 22.00 pm* NPTL 25.00 pm*

Simply Swim package:

A stroke of genius for any swim enthusiast - Simply Swim saves you time and money, giving you unlimited use of NBLT pools at Pingles & Bedworth.

PTL 16.50 pm NPTL 19.50 pm

Jubilee/Alderman Classic package:

Unlimited use of Jubilee & Alderman Gym! Much easier than a pocket full of change!

PTL 23.00 pm* NPTL 26.00 pm*

Casual Use Fees	PTL	NPTL
Pingles H&F Gym	4.10	4.60
Bedworth H&F Gym	4.10	4.60
Jubilee H&F Gym	3.30	4.10
Alderman H&F Gym	3.30	4.10
Initial induction	5.00	5.50
Bodystat	5.00	5.00
Fitness Assessment	20.00	22.00
Programme design	10.00	10.00

Annual Special

Join for a year and get
1 month totally FREE

+ no joining fee on annual packages
makes a possible saving of **£58**

*One off joining fee applies.

PTL - 20.00 NPTL - 25.00

pm - per month

General Information

Opening Times.

Pingles health & fitness gym - 024 76 400 505

7.00am - 10.00pm Mon - Fri

7.30am - 6.00pm Sat - Sun

Bedworth health & fitness gym - 024 76 400 506

7.30am - 10.00pm Mon - Fri

7.30am - 7.00pm Sat - Sun

Jubilee health & fitness gym - 024 76 400 503

8.30am - 10.45pm Mon - Fri

8.30am - 8.30pm Sat - Sun

Alderman health & fitness gym - 024 76 400 507

4.30pm - 10.00pm Mon - Fri

10.00am - 6.00pm Sat - Sun

Rules.

1. No one under the age of 16 years is permitted to use the gym or participate in any exercise classes at Pingles and Bedworth health & fitness. Jubilee/Alderman users can be 14 years of age if accompanied by an adult 18+.
2. Please be aware that there are maximum occupancy levels for the gym and classes so access may be restricted at busy times.
3. Correct sports clothing must be worn at all times when using the gymnasium and classes i.e. Trainers, no bare torsos.
4. Activity Passes must be handed in prior to gym use.
5. Participants will not be allowed to enter the Dance Studio/ Meeting room or Aqua classes without a valid ticket/band.
6. No bags or belongings are to be left in the Gym, Dance Studio, Meeting Room. Please use the lockers provided.

Please Note.

Crèche, swimming pools, and the exercises classes are subject to availability. Corporate packages are available to groups of 5 or more, please ask for more information. Payment schemes entitle you to use Pingles & Bedworth Leisure Centres and Jubilee & Alderman Sports Centres as per your package terms and conditions.

PTL - Passport to Leisure.

NPPL - Non Passport to Leisure.



nbleisure trust

health & fitness

Pingles Leisure Centre

Avenue Road | Nuneaton
Warwickshire | CV11 4LX

Bedworth Leisure Centre

Coventry Road | Bedworth
Warwickshire | CV12 8NN

Jubilee Sports Centre

Greenmoor Road | Nuneaton
Warwickshire | CV10 7EZ

Alderman Sports Centre

Radnor Drive | Nuneaton
Warwickshire | CV10 7PD



**ASK ABOUT
POWERPLATE
TODAY!**

www.nbleisuretrust.org