

Facilities Include:

- 3 Running Machines
- 2 Rowing Machines
- 3 Bikes
- Stepper Machine
- 2 Cross Trainers
- Dumb Bells
- Bar Weights & Bench
- Sit-up Mats and Frames
- Bench Sit-Up
- Ab Crunch
- Leg Curl
- Leg Extension
- Multi-Leg
- Chest Press
- Seated Row
- Preacher Curl
- Multi-Press
- Bench Press
- Pec Deck
- Rotary Torso
- Triceps-French Press
- Variable Cable Crossover
- Sauna (included in monthly and quarterly cards)
- Changing rooms & showers
- Fully air-conditioned + water cooler

How To Join

To use the Fitness Studio you must first undertake a compulsory induction where you will be trained to use all the equipment safely and have the opportunity to ask any questions.

Inductions costs £12.50 and you will need to bring two passport sized photos for you ID Card.

Once your induction is complete and your ID Card issued, you will be able to use the gym unsupervised.

What Can I Do?

With a wide range of machines and equipment you can exercise, strengthen and tone your entire body - there is something for everybody.

Use the cardiovascular equipment (Rowing and Running Machines, Bikes, Steppers and Cross Trainers etc.) to improve your heart, lung and circulatory efficiency.

If you want to build muscle and strengthen your body you'll be interested in the resistance equipment and free weights (bar bells and bar weights etc.).



Regardless of whether you have a specific goal in mind or just want to improve your general level of fitness, we have all the equipment you need!

How Much Does It Cost?

You can choose to pay in a way that's convenient to you - either each time you attend or you can buy a monthly or quarterly card.

If you attend more than two sessions each week you can benefit from the savings a monthly or quarterly card offers.



Fitness Studio Prices

	Assoc. Members	Non-Members
Gym Session	£4.00	£4.50
Monthly Gym Pass**	£25.00	£25.00
Quarterly Gym Pass**	£65.00	£65.00
Gym Induction*	£12.50	

*For your gym induction please bring 2 passport sized photos for your ID Card.

**Prepaid passes entitle you to free use of the sauna (usual price £1.50 per session).

Canteen

After a strenuous workout why not relax in our canteen where snacks and meals are served hot and cold with a selection of beverages.



Open Monday to Friday 9am - 2.45pm.

Bar Services

If you belong to the Community Association (£14 per year) you also have access to our members bar - open from 11am to 11.30pm daily (10.30pm close on Sundays)



Food is also served in the Members Bar from 11am to 2.30pm Monday - Friday.

Fitness Classes

As well as a fully equipped fitness studio we also have a selection of popular classes...

Slimming World* is held every Monday 6:15pm - 8pm and Tuesday from 10am - 12 midday.

Weight Watchers* is held on a Wednesday 5.15pm - 6.30pm.

Tai Chi lessons are held on a Monday 11am - 1pm and Thursday at 1pm - 3pm.

Yoga is held each Monday and Thursday 7pm - 8pm.

* Members of slimming classes can use the Fitness Studio for £4.00 per session.



For all enquiries
please telephone

01268 471717

Laindon Community Association

Fitness Studio

OPENING TIMES

Monday - Saturday 8.30am - 11pm
Sunday's 8.30am - 10.30pm



Laindon Community Association boasts one of the best equipped Fitness Studios in the District.

Regardless of whether you are looking to exercise, tone or strengthen your body - we have all the equipment you need...