

FIT ZONE

Introduction

The Fit Zone is a small friendly gym within Fratton Community Centre. Unlike most gyms in Portsmouth we do not have any contracts, monthly fees or annual fees. You simply pay as you go. To join the Fit Zone you will first need to book an induction with one of our fitness instructor. They will show you how to use the equipment safely and effectively.

After your initial induction you could book in with your instructor for a free fitness programme. This will be tailor-made for you, your goals and your abilities.

Fitness Equipment

2 Treadmills, 2 Bikes, 2 Rowers, 1 Stepper, 1 Cross Trainer.

Leg press, Leg ext, Lat pulldown, Chest press, Cable machine and Free weights.

Fitness Classes

- Monday: **Circuit training 9.30am**, Pilates 9.30am, Yoga 7.30pm
- Tuesday: **Abs class 10.30am, Boxercise 7.00pm**
- Wednesday: **Circuit training 9.30am**, Pilates 7.00pm
- Thursday: **Circuit training 7.00pm (Bold – Fit zone classes - £2.00 per hour)**

Fit Zone Price List

	Full	Concessionary
Gym Inductions	£12.00	£6.50
Induction with 10 sessions in the gym	£30.00	£20.00
Induction and personal training session	£20.00	£12.00
Gym Sessions (per hour)	£3.00	£2.00
Personal Training (per hour)	£10.00	£7.50
Fitness assessments (per hour)	£5.00	£3.00
Fit Zone Classes (per hour)	£2.00	£2.00

Full – Employed

Con – Student, Unemployed (proof required)

Opening times

Monday – Friday 9.00am – 9.00pm

Saturday and Sunday 9.30am – 3.30pm

Kids Activities

Fit Kids: Mondays 4.00pm – 5.00pm

Junior Youth Club: Mondays 6.00pm – 8.00pm

Junior Sports: Wednesdays 4.30pm – 5.30pm

Kids fitness camp: School holidays 1.00pm – 3.00pm (mon – thu)

Gymnastics: Saturdays 10.00am – 1.00pm

Other Activities

Over 60's gym session

Mondays and Thursdays

11.00am – 12.00pm

£2.00 per session

Club 14 – 16

Wednesdays 5.00pm

14 – 16 year

olds gym session!

Please contact us for more information: 02392 751441

