Opening Times

Memberships

Fitness Gym

Last Ticket Sold 45 minutes before closing

Monday	7.00am - 10.00pm
Tuesday	7.00am – 10.00pm
Wednesday	7.00am – 10.00pm
Thursday	7.00am – 10.00pm
Friday	7.00am - 8.45pm
Saturday	7.00am - 8.45pm
Sunday	8.00am - 8.45pm

FITNESS GYM SENIOR SESSIONS

Monday, Wednesday and Friday 9.00am – 1.00pm (Non-exclusive use)

See Leaflet 5 "Healthy Lifestyles for Seniors" for more details.

PRICES

Junior Gym	£2.90
Gym	
P.T.L	

STARTER PROGRAMMES

Adult	£11.00
P.T.L	£6.60
Junior	£5.50

All Major Credit Cards accepted.

THE MANAGEMENT RESERVE THE RIGHT TO AMEND PRICES OR PROGRAMMING OF SESSION TIMES.

Memberships from £23 per month!!!

- Free induction
- · No joining fee
- No annual contracts
- Over 90 Fitness Classes

Come down today and get an exclusive preview;

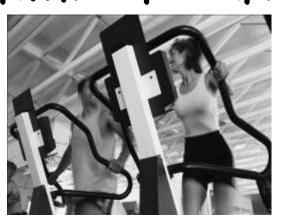
- State of the art fitness equipment.
- Integrated TV's.
- · Swimming Pool.
- Free personal programmes.
- Free parking.
- A Powerplate.
- Friendly qualified staff.







January 2013 FITNESS FOR UFE



Cocks Moors Woods Leisure Centre

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Cocks_Moors_Woods_LC@birmingham.co.uk



Fitness Gym

Fitness Gym

Fitness Gym

INTRODUCTION

With a superb line up of 54 exercise stations, fully qualified staff on hand at all times and a balanced range of other facilities, Cocks Moors Woods Fitness Gym is designed to appeal to a variety of fitness levels.

CUSTOMER SERVICE

Please do not hesitate to comment on how our service could be improved to suit your needs by speaking to the Duty Manager, or complete a Customer Views form available at reception.

ANYONE CAN USE THE FITNESS GYM

If you already have a Leisure Card with approved Gym user status, simply bring this to reception prior to using the Gym. However, if you are a new customer you must undergo a Gym induction before using the gym facilities.

HOW TO START USING THE FITNESS GYM

Please speak to our receptionists who will be happy to deal with any enquiries regarding gym membership. An induction needs to be booked in advance at reception prior to the induction date.

STARTER PROGRAMME

Takes approximately 60 minutes and involves a Fitness Instructor showing you a selection of gym equipment and designing a Starter Programme specific to you and your fitness goals. Our Aim is to ensure you feel confident, motivated and happy about using the gym.

CUSTOMER ADVICE

- Please wear comfortable clothing and training shoes as you will be using the equipment during your initial sessions.
- Please do not eat 2 hours prior to your session.
- We do require 24 hours cancellation notice unless supported by a medical certificate.
- Please arrive on time, if late you may be asked to re-book (fee may apply).
- When using the gym please refer to the Code of Etiquette.
- Always bring your Leisure card with you.

BE ACTIVE

You may be entitled to use the Gym as part of Birmingham City Council/Primary Care Trust "BE ACTIVE" scheme. If you pay your Council Tax to Birmingham City Council you may be entitled to a free induction and free use of the gym, exercise to music classes and swimming at designated times. Please ask at reception for further information

CODE OF ETIQUETTE

To ensure that everyone enjoys their workout, we ask that you observe the following guidelines;

- Please do not attempt to use any piece of equipment which you
 have not been shown how to use, always ask a fitness instructor
 who will be happy to help.
- · Wristbands issued at reception must be visible at all times.
- At busy times please limit your total workout to 60 minutes.
- At busy times please limit your workout to 10 mins on any piece of cardio vascular equipment.
- Please clean equipment after use.
- Please allow others to use equipment between sets of repetitions.
- Appropriate clothing and trainers must be worn at all times.
 Shirts should not be removed under any circumstances.
- Food must not be consumed in the fitness suite and no cups are to be used in the gym (only water bottles)
- A gym ticket does not entitle you to entrance of fitness classes and vice versa.
- Spectators are not welcome in our fitness suite.
- · Unruly conduct will not be tolerated.
- Please bring your Leisure Card with you on every visit, If you do not have your Leisure Card/Number you will not be able to gain entry to the gym.

LEISURE CARD

Approved Gym User status will be put on your Leisure Card on completion of your programme. Your Leisure Card **MUST** be presented at reception on every visit to the gym. Receipts must be kept and payment bands worn whilst in the fitness suite.



This building is fully accessible. If you need any assistance, please speak to a member of staff who will be happy to help.