

harlow
leisurezone

XTREME NRG

Fitness Training for 14 - 17 year olds



Aged 14-17?

**Look and feel your
best by using our
superb high tech
Fitness Gym**

www.harlowleisurezone.co.uk

Use the very latest in Technogym equipment

We have the very latest in Technogym equipment, which means you can enjoy touchscreen technology and more personalised fitness monitoring. You can connect your phone to the machines via Bluetooth whilst you train to keep you entertained during your workout. As an XtremeNRG member you'll have the benefit of using our excellent resistance equipment too!

Gym users must be Bronze members, and must have completed an Induction Programme.

XtremeNRG Induction includes:

Two Induction Sessions to LZ Health & Fitness Club

Monday 4pm – Induction 1
Tuesday 4pm – Induction 2
Wednesday 4pm – Induction 1
Thursday 4pm – Induction 2
Saturday 11.30am – Induction 1
Sunday 11.30am – Induction 2
Each user must complete both induction 1 and 2

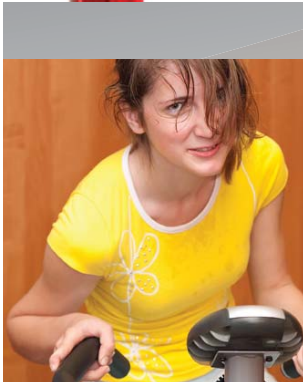
Induction Programme Cost: £10

Once the full induction has been completed you can use the gym.

You must be at least a Bronze member to use the gym which costs £6.10 per year plus £4.30 per session (when entering before 16:30 on weekdays and anytime all weekend) or choose a monthly Student membership, Silver £32 per month (choose from use of gym, fitness classes, spa, rackets and swim depending on age) or Gold £40 per month (for inclusive use of gym, fitness classes, spa, rackets including tennis and swimming).

For more details please contact our Membership Sales Advisors on 01279 621501/621521

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