



XTREME NETS

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 plug your iPod in to the machines 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 Gym Equipment

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 (group session): £10

Once the full induction has been completed you can use the gym. **Cost: £3.90 per session** (when entering before 16:30 on weekdays and anytime all weekend)

or choose a monthly Student membership

Silver £32 per month (for inclusive use of gym and swim) or **Gold £40 per month** (for inclusive use of gym, swim and spa).

Silver & Gold Members can add a child to their membership for just £12 per month. For more details please call 01279 624500

Spring 2014

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