



# NRG CREW



info@harlowleisurezone.co.uk  
www.harlowleisurezone.co.uk  
01279 621500





# NRG CREW



## Fitness Training for 11 - 13 year olds

Aged 11-13? Get fit. Have fun. Get social. NRG Crew is a fitness training session specifically for young people aged 11-13. If you want to feel fitter and more confident, come and be part of the NRG Crew where our expert instructors will train and support you to use the high tech gym equipment at Leisurezone.

All sessions are supervised by qualified instructors and includes the use of all cardiovascular and Easyline hydraulic resistance equipment which tones muscle without using weights. At Leisurezone we have the very latest in Technogym equipment, which means you can enjoy touchscreen technology and a more personalised fitness monitoring. You can connect your phone to the machines via Bluetooth whilst you train to keep you entertained during your workout.

**One induction session to Harlow Leisurezone Health & Fitness Club is required:**

New member inductions:

**Sat:** 13:00 – 13:30

**Sun:** 15:00 – 15:30

Once the full induction has been completed you can use the gym during the following times:

**Mon, Wed & Fri:** 16:00 – 17:00

**Sat:** 12:00 – 13:00 & 13:30 – 14:30

**Sun:** 14:00 – 15:00 & 15:30 – 16:30

**School Holidays induction**

**Mon - Fri:** 09:00 – 15:00

(1 hour session)

**Cost:** £5.40 per session or £22.00 per month for NRG Crew Membership. No contract! For as many sessions as you can handle! You must be at least a Bronze member to join the gym. This is charged at £7.70 per year.

Extra sessions can be attended if accompanied by an adult gym member:

**Peak Mon - Fri:** 16:30 – 22:00

**Off-peak Mon - Fri:** 06:00 – 16:30  
and all weekend

**School Holidays induction**

**Tue & Thu:** 10:30 – 11:00

**Peak Cost:** £7.50

**Off-peak Cost:** £5.40

Once a participant becomes 14 years old they will need an additional induction at the cost of £5.25.

Prices correct until April 2024