



North Lindsey
College



Email: liz.roberts@northlindsey.ac.uk Tel: 01724 294150



Opening Times

The Opening Times for the **Kingsway Fitness Suite** are as follows:

Mon-Thurs	7.15am - 9.00pm
Fri	7.15am - 8.00pm
Sat	9.00am - 1.30pm



Membership

Full Membership Gym£160 per annum*

Quarterly payments of £40.00

Full Membership Gym and Class£180 per annum*†

Quarterly payments of £45.00

This membership is ideal for those looking to train twice weekly or more and also join the group of exercise classes.

North Lindsey staff & all students can take advantage of 1 years membership for £75 on production of a valid ID card. (Quarterly payments of £18.75)

Joint Membership Gym£270 per annum*

Quarterly payments of £67.50

Take advantage of this great offer when joining with a friend or family member.

Joint Membership Gym and Class £320 per annum*†

Quarterly payments of £80.00

Pay As You Go £20 per annum*

This membership would suit those who are available to train once a week.

£2.50 per session 7.15am - 4.00pm Mon - Fri

£3.50 per session 4.01pm - 8.45pm Mon - Fri

£3.50 per session 9.00am - 1.30pm Sat

Class Membership£20 per annum

This membership suits those who enjoy a variety of classes.

Cost per class £3.50

Non Members can attend classes at a charge of £4.50 per class

Concessionary Rate £100 per annum

Quarterly payments of £25.00

(Contact Reception for more information)

* Please note all members are required to have an Induction for which there is a charge of £10

† Pilates not included

Meet the Team



Becki
Fitness Suite Manager



Steve
Duty Office



Alan
Duty Officer



Stacey
Full-time
Fitness Instructor



Ciaran
Part-time
Fitness Instructor



Liz
Fitness Suite
Administrator

Our highly skilled team are ready and waiting to help you achieve your goals. Whether it be a programme for general wellbeing or training for a marathon, our team will be happy to help.

Class Information

Circuit Training

A multi stationed class for an over body workout incorporating all the basic elements of fitness.

Studio Cycling

A group cycle class using resistance to stimulate the ups and downs of hill terrain. This is a definite 'Calorie Burner'.

Boxercise

An effective total body workout combining traditional boxing moves in a circuit format.

- All classes should be booked via Fitness Suite reception tel: **01724 294150**
- If you cannot make a class please cancel you're booking in good time.
- Class membership cards must be used to gain entry

Class Timetable

Monday

Circuit Training 6.30pm - 7.30pm
Studio Cycling 4.30pm - 5.15pm
Studio Cycling 5.30pm - 6.15pm

Tuesday

Studio Cycling 7.30am - 8.15am
Kids Club 4.30pm - 5.30pm
Core Stability 6.00pm - 7.00pm

Wednesday

Studio Cycling 4.30pm - 5.15pm
Studio Cycling 5.30pm - 6.15pm
Circuit Training 6.30pm - 7.30pm

Thursday

Studio Cycling 6.00pm - 6.45pm
Studio Cycling 7.00pm - 7.45pm

Friday

Lincs Quad 4.30pm - 5.30pm
Boxercise 6.00pm - 7.00pm

Saturday

Circuit Training 10.00am - 11.00am
Studio Cycling 11.30am - 12.15pm

All classes are subject to change



Class Information

£10 - Comprehensive Fitness Test

These are ideal for those:

- Training for an event
- Monitoring their improvements
- Pre- Season Training
- Undergoing rehabilitation
- Wanting an accurate training programme.

It is recommended that a fitness test is carried out every 8 weeks due to adaptations and the bodies response to exercise.

- Height
- Weight
- Blood Pressure
- Body Stat
- Flexibility
- Lung Function
- Grip Strength
- Aerobic Endurance

Book Your Fitness Test Today!





NO SMOKING CAMPUS