

Gym and Fitness Club

During the last year we have listened and given careful thought to all your comments and suggestions about the services and types of membership we provide. We would like to thank everyone who has given their time to comment, especially our supporters, volunteers and gym members past, present and future. We hope you will agree our new range of flexible membership options will suit most circumstances. Our dedicated and professional team look forward to helping you choose the package that is right for you and supporting you on your journey to a healthier lifestyle. To your fitness success.

Yvonne Peacock, YSDA Chair.

| Package (March 2010) (Terms and conditions apply to all our packages. We reserve the right to alter offers without prior notice. Please read all paperwork provided carefully) | | Benefits | Joining Fee | Monthly Cost |
|--|---|--|--------------------|---------------------|
| Premier Membership | Our best value package offering great savings and membership benefits. Minimum 6 month contract applies. | <ul style="list-style-type: none"> • 50% Discount on selected activities • Free MUGA/ Court Hire • Fitness plans • 6 monthly review • Discounted access to Richmond Leisure Trust (Pool etc.) • Discounted access to Colburn Sports Centre (Hall etc.) | £20.00 | £22.00 |
| Pay Monthly Membership | For those who live in a world of change and need a package that is flexible and not tied to a minimum contract. | <ul style="list-style-type: none"> • Free MUGA/ Court Hire • Fitness plans • 6 monthly review | £20.00 | £28.00 |
| Junior Membership | For our younger members, aged 11 to 13yrs, we require an adult supervisor to accompany at all times. For those aged 14-18yrs unaccompanied access is granted but groups of more than 3 at any one time are discouraged. | <ul style="list-style-type: none"> • Free MUGA/ Court Hire • Fitness plans • 6 monthly review • Discount Scheme - ask for latest offers. | £FREE | £15.00 |
| Pre-Pay Vouchers | Our pre-paid voucher scheme makes this an ideal option for visitors to the area or for gifts for family and friends. Sold in booklets of eight vouchers, (£5.00 per session). | <ul style="list-style-type: none"> • Induction to equipment. • Advice and support • Voucher may be used as part payment for Gym and/or Court usage. | £FREE | £40.00 |
| Corporate Membership | Designed for businesses. Great savings on Premier Membership. Minimum 5 places on 12 month contract, additional places can be added. Fully transferrable mid contract between employees. Organisation invoiced monthly. | <ul style="list-style-type: none"> • Premier Membership Benefits apply. | £100 (£20pp) | £75.00 (£15pp) |

We're open 7.00am till 10.00pm everyday, (except Bank Holidays)

Gym and Fitness Club

At The Wensleydale Centre, Askrigg

To book your induction or a place on one of our activity sessions call
T.01969 650060 or M.07968 606571 admin@yorebridge-sport.co.uk

More reasons to join and support your community facility

New Opening Hours

7am till 10pm

Everyday

(except Bank Holidays)

Flexible Membership Packages Now Available

Corporate Membership

Junior Membership

Discounts for
Contracts inc.
Swimming,
Court & Classes

Spring Schedule 2010

Prices based on £4.00 per hour. Some sessions may vary.

Sessions purchased in blocks, payable in advance.

| | | |
|------|-------------|--|
| Mon: | 10.00-11.00 | Gentle Exercise for Over 50s |
| | 5.15-5.45 | Bums and Tums |
| | 6.30-7.30 | Pilates |
| | 6.30-8.00 | Tennis Club (MUGA) |
| Tue: | 6.30-7.30 | Aerobics / Dancercise |
| | 7.00-8.30 | Fit4Life (Currently FREE) |
| | 7.45-9.15 | Belly Dancing |
| Wed: | 6.30-7.30 | Ladies Circuit Training |
| | 7.45-8.45 | Men's Circuit Training |
| Thu: | 10.00-11.00 | Tennis Club (MUGA) |
| | 12.30-1.00 | Bums and Tums |
| | 6.30-7.30 | Ladies Circuit Training |
| | 7.30-8.30 | Pilates |
| Fri: | 6.00-7.00 | Askrigg Junior FC Training (6-16 yrs) (MUGA) |
| | 7.00-8.00 | Over 40s Drop-in Football (MUGA) |

Soft Play
Families welcome
1st & 3rd Fridays of
the month;
1pm till 2.30pm.
Refreshments
included

Great Value
Gym Members
Eligible for 50%
off Activity
Sessions*

Don't delay, join today!

**Junior
Membership**
Only **£15** per month

11-13yrs
Supervised by an Adult

14-18yrs
Un-supervised



Company No. 5493687 Registered Charity No. 1126795

Yorebridge Sport & Fitness (YSF) is the corporate brand and is managed by the YSDA Ltd
Registered Office: The Wensleydale Centre, Yorebridge, Askrigg, Leyburn, North Yorkshire, DL8 3BJ
Tel/Fax: 01969 650060 Mobile: 07968 606571 Email: admin@yorebridge-sport.co.uk
Web: www.yorebridge-sport.co.uk