

## Gym Membership

### Membership Rates

Access to the Sunart Centre Gym is available to current members of **High Life** free of charge. Rates for those not members of High Life are as below. New members must undergo an INDUCTION with a member of staff. Cost of this is £15, which includes one month membership from the date of induction.

| <u>Membership</u>      | <u>Full</u> | <u>Concessions</u> |
|------------------------|-------------|--------------------|
| <b>1 year:</b>         | <b>£90</b>  | <b>£80</b>         |
| <b>6 months:</b>       | <b>£50</b>  | <b>£40</b>         |
| <b>3 Months:</b>       | <b>£30</b>  | <b>£25</b>         |
| <b>1 Month:</b>        | <b>£15</b>  | <b>£12</b>         |
| <b>Single Session:</b> | <b>£4</b>   | <b>£3</b>          |

**Concessions are available to:**

Seniors (Over 60) & Youth (14 -17)\*

\*14 & 15 year olds cannot use any weight- related exercise machine.

### GYM OPENING HOURS

#### **School Term:**

|                  |                 |
|------------------|-----------------|
| Monday .....     | 4:00pm - 9:00pm |
| Tuesday .....    | 5:30pm - 9:00pm |
| Wednesday .....  | 4:00pm - 9:00pm |
| Thursday .....   | 4:00pm - 9:00pm |
| Friday .....     | 2:00pm - 9:00pm |
| Saturdays: ..... | 2:00pm - 4:00pm |

#### **School Holidays:**

|                     |                  |
|---------------------|------------------|
| Monday—Friday ..... | 10:00am - 9:00pm |
| Saturdays .....     | 2:00pm - 4:00pm  |

### Sunart Centre Gym Membership

Membership to the Sunart Centre Gym is open to everyone 14\* or over who successfully completes an induction course.

Facilities include a range of free weights and exercise machines, and use of the changing facilities.

Changing rooms & showers are available for members' use at no extra charge. Please use the changing rooms in the corridor to the left - marked MALE and FEMALE

Please make sure that you bring appropriate indoor footwear / trainers!

**\*14 & 15 year olds must be accompanied by an adult and may not use any weight-related exercise machines.**

### Café Bar

Self service teas & coffees are available at all times from the Community Foyer. These are provided by Ardnamurchan Library. Please pay for what you use through the honesty jar on the counter.

### **Please sign in & out**

We ask all people attending the Sunart Centre Gym and other public sessions to sign in and out at Reception - please do this even if the reception is not manned. It is important that we know who is in the building in the event of an emergency.

*Thank you*

### Àrainn Shuaineirt Management Committee

*Governing The Sunart Centre for the communities of Sunart, Ardgour, Morvern, Moidart and Ardnamurchan*

The Sunart Centre is managed by **High Life Highland** and the Àrainn Shuaineirt Management Committee.

Pricing and policies are as laid down by High Life Highland

All prices as at March 2017. **High Life Highland** reserve the right to amend them without prior notification.

**For all enquiries please contact the Sunart Centre Community Centre Co-Ordinator Eoghan Carmichael**

**Tel: 01397 709228 Email: enquiries@sunartcentre.org. Write to: The Sunart Centre, Strontian PH36 4JA**

Visit our website **www.sunartcentre.org** or join us on **Facebook**