



Centre Programme



Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM					
					Bootcamp 9.30-10.15am
					Abb Attack 10.30-11.00am
PM					
HIIT 6.45-7.15pm	LBT 6.30-7.10pm	Circuit 6-6.40pm	Functional Training 6.30-7.15pm		
Hatha Yoga 8.15-9.15pm		Pilates 6.45-7.40pm			
		Pump 8.30-9.15pm			

What you need to know

- Please inform our instructors of any injuries, medical conditions, pre or post pregnancy before the class
- Drink adequate water before, during and after the class
- Be punctual, the warm up is an essential part of the class, you may be refused entry if the class has started
- Suitable trainers and clothing must be worn
- Group Cycle - what to wear - cycling shoes or trainers, cycling shorts are advised, nothing loose around the ankles and we advise you to bring your own towel
- To attend our classes you must be 16 years or over.



Fitness Suite

	Standard	Junior	Concessions
Monday	5-9.55pm	5-6pm	
Tuesday	5-9.55pm	5-6pm	
Wednesday	5-9.55pm	5-6pm	
Thursday	5-9.55pm	5-6pm	
Friday	5-8.55pm	5-6pm	
Saturday	9am-3.55pm	10.30am-2.30pm	9am-3.55pm
Sunday	9am-3.55pm	10.30am-2.30pm	9am-3.55pm

During the school holidays junior members will be able to use the fitness suite between 10.30am and 2.30pm each day.

Please note - last admission to the centre is 45 minutes before closure.

Court Times

	Sports Hall 55 minute sessions
Monday	6-9.55pm
Tuesday	6-9.55pm
Wednesday	6-9.55pm
Thursday	6-9.55pm
Friday	6-8.55pm
Saturday	9am-3.55pm
Sunday	9am-3.55pm

Cancellation policy:

- Four hours notice for pay as you go members if you wish to cancel a casual booking
- One hours notice is required for customers with a monthly membership cancelling classes & racket court bookings
- 24 hours notice to cancel a pre-paid group booking
- Seven days notice to cancel a contract booking

If the required notice is not received you will be charged for the booking.

Memberships

Pay as you go

Junior - 8-15 years

Adult - 16-60 years

Concession - full-time student, over 60, claiming job seekers or registered as disabled

Monthly Membership

Monthly membership includes:

Induction to the gym & personal programme

Use of the gym

Fitness Classes

Personal Training at a reduced rate

£22.50 per month!

stormfit.co.uk
01268 882 626
info@stormfit.ac.uk

Storm Fitness & Leisure
Runnymede Chase
Benfleet
Essex
SS7 1TW

This publication is correct at the time of print but is subject to change.