

Storm.
fitness & leisure



Centre Programme

Welcome Back!

December 2020



Class Timetable

Monday	Tuesday	Wednesday	Thursday	Saturday
AM				
Body Sculpt 9.30-10.15am				Pump 9-9.45am Studio
				Metafit 10-10.30am Studio
				Group Cycle 10.45-11.30 Studio
PM				
Group Cycle 5.30-6.15pm Studio	LBT 6.15-7pm Sports Hall	Fitness Pilates 7.45-8.40pm Sports Hall	Zumba Tone 6-6.45pm Studio	
Fitness Yoga 6.30-7.15pm Studio	Pilates (course) 6.30-7.25pm Studio	Pump Express 8.45-9.15pm Studio	Fitness Yoga 7-8pm Squash Court	
Boxercise 6.30-7.15pm Sports Hall	Metafit 7-7.30pm Grass		Pump 7-7.45pm Studio	
Body Blast 7.30-8.30pm Studio	Zumba 7.45-8.30pm Sports Hall		Group Cycle 8.00-8.45pm Studio	
LBT 7.30-8.25pm Sports Hall				

What you need to know

- use hand sanitiser when you enter and exit an area
- clean equipment before and after use
- fill your water bottle before you attend.
- refrain from moving equipment, staff will set up and clean equipment after each use.
- drink adequate water before, during and after the class.
- turn up on time dressed and ready for your session.
- inform instructors of any injuries, medical conditions, pre or post pregnancy before the class
- Group Cycle - what to wear - cycling shoes or trainers, cycling shorts are advised, nothing loose around the ankles.
- bring your own mat and keep personal belongings to a minimum.
- to attend our classes you must be 16 years or over.
- personal towels are not permitted.

Fitness Suite

1 Hour sessions	Standard	Junior	Concessions
Monday	9am-9.30pm	3.30-6pm	9am-4.30pm
Tuesday	9am-9.30pm	3.30-6pm	9am-4.30pm
Wednesday	9am-9.30pm	3.30-6pm	9am -4.30pm
Thursday	9am-9.30pm	3.30-6pm	9am-4.30pm
Friday	9am-8.30pm	3.30-6pm	9am-4.30pm
Saturday	8.30am-2.30pm	10.30am-2.30pm	8.30am-2.30pm
Sunday	8.30am-2.30pm	10.30am-2.30pm	8.30am-2.30pm

During the school holidays junior members will be able to use the fitness suite between 10.30am-2.30pm and 3-6pm each day. Please call to book your gym session.

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

Court Times

	Sports Hall/Tennis Court 50 minute sessions Squash 40 minute sessions	Astro 55 minute sessions
Monday	4.30-9.30pm	5-9pm
Tuesday	4.30-9.30pm	5-9pm
Wednesday	4.30-9.30pm	5-9pm
Thursday	4.30-9.30pm	5-9pm
Friday	4.30-8.30pm	4.30-8.30pm
Saturday	8.30am-2.30pm	8.30am-2.30pm
Sunday	8.30am-2.30pm	8.30am-2.30pm

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, classes, gym and 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 Memberships

All monthly memberships include

- Induction to the gym & personal programme
- Use of the gym
- Fitness classes
- Racket courts
- Personal training at a reduced rate.

Prices start from just £28 per month!

www.stormfit.co.uk
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This publication is correct at the time of print but is subject to change.