



Centre Programme

17th May 2021



Class Timetable

Monday	Tuesday	Wednesday	Thursday	Saturday
AM				
Body Sculpt 9.30-10.15am				Group Cycle 9-9.45am Studio
		Fitness Yoga 10.15-11.15am		Pump 9.55-10.40am Studio
				Metafit 10.45-11.15am Studio/Grass
PM				
Express Cycle 5.50-6.20pm Studio	Abb-tastic 6-7pm Sports Hall	Fitness Pilates 7.45-8.40pm Studio	HIIT 5.55-6.25pm Studio	
LBT 6.30-7.25pm Sports Hall	Pilates (course) 6.30-7.25pm Studio	Pump Express 8.45-9.15pm Studio	Fitness Yoga 6.30-7.25pm Studio	
Fitness Yoga 6.30-7.25pm Studio	Metafit 7-7.30pm Sports Hall/Grass		Zumba 7.30-8.25pm Sport Hall	
Zumba 7.30-8.25pm Studio	LBT 7.30-8.30pm Studio		Pump 7.30-8.10pm Studio	
Resistance Band 7.30-8.15pm Sports Hall			Group Cycle 8.15-9pm Studio	

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-10pm	3-6pm	9am-4.30pm
Tuesday	9am-10pm	3-6pm	9am-4.30pm
Wednesday	9am-10pm	3-6pm	9am -4.30pm
Thursday	9am-10pm	3-6pm	9am-4.30pm
Friday	9am-9pm	3-6pm	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	4.30-10pm	5-10pm
Tuesday	4.30-10pm	5-10pm
Wednesday	4.30-10pm	5-10pm
Thursday	4.30-10pm	5-10pm
Friday	4.30-9pm	5-9pm
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.

MEMBERSHIP OPTIONS

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

SILVER - Gym & Studio Classes from £28 a month

- free admission to the centre on every visit
- advanced priority booking
- induction to the fitness suite and personal programme
- use of the fitness suite & studio classes

GOLD - Gym, Studio Classes & Racket Courts from £38 a month

This membership entitles holders to all of the above and up to 10 rackets courts a month

Junior Gym 11-15 years £15 a month

10.30am-2.30pm/3.30-6pm

Student Gym 16-17 years £18 a month

Weekdays 9am-6pm Saturday & Sunday 8.30am-2.30pm

www.stormfit.co.uk
01375 898 613
info@stormfit.co.uk

Storm Fitness & Leisure
Chadwell Road
Grays
Essex
RM17 5TD

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