



**Live Active  
Blairgowrie**



# Fitness Gym Timetable

Tuesday 15th August - Sunday 8th October 2017

**Monday** 07:00-12:00,  
13:00-22:00

**Tuesday** 09:00-22:00

**Wednesday** 07:00-13:45,  
14:45-22:00

**Thursday** 09:00-11:00,  
12:00-22:00

**Friday** 09:00-09:45, 10:30-13:45,  
15:40-22:00

**Saturday** 09:00-20:00

**Sunday** 09:00-22:00

Please turn over  
for further  
information  
about our  
Fitness Gym



## Fitness Gym Information

### Equipment

We have a wide range of Life Fitness equipment in our Fitness Room including 3 Treadmills, 3 Cross Trainers, 3 Bikes, 1 Rowing Machine and a range of resistance equipment and free weights.

### Inductions

Please note all customers must have completed an induction at a Live Active Leisure facility before using the Fitness Room. We currently take bookings for inductions on Tuesdays and Thursdays at 18:00 and Sunday at 12:00. If none of these times suit you, please contact reception and we will arrange an induction at a more convenient time. Please arrive 5 minutes before your induction appointment to fill in a brief health questionnaire. If you have any injuries or medical conditions that could be affected by exercise, please consult your doctor before you use the Fitness Room.

### Clothing

We ask that you bring suitable clothing for your induction and when you visit the Fitness Room - for example, a t-shirt or vest, shorts or tracksuit bottoms and a comfortable pair of trainers.

### Fitness Reviews/Programmes

We can offer a Fitness Programme designed by qualified instructors and tailored to suit you. You can also book a Fitness Review which will give you an idea of your current fitness levels and will help you set achievable fitness goals. If you would like to book an appointment for a Fitness Review or to have a Fitness Programme designed for you, please contact reception and we will arrange for an instructor to contact you.

### Under 16s

We allow children aged 12-16 years old to use the Fitness Room if they are accompanied by a responsible adult over 16 years old. Both the adult and the child must have completed an induction, however it is not essential they are inducted at the same time.

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[www.liveactive.co.uk](http://www.liveactive.co.uk)

