live active Fitness

Live Active Blairgowrie

Fitness Gym Timetable

Monday 20th February to Sunday 2nd April 2017

Monday
07:00-12:00, 13:00-22:00
Tuesday
09:00-22:00
Wednesday
07:00-13:50, 14:45-22:00
Thursday
09:00-11:00, 12:00-22:00
Friday
09:00-09:45, 10:30-13:50, 15:40-22:00
Saturday 09:00-20:00
Sunday 09:00-22:00

Please turn over for further information about our Fitness Gym

www.liveactive.co.uk

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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 Thursdays at 6pm and Sundays at 12pm. 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 16's
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.

Live Active Blairgowrie
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