

JANUARY 2007

CATEGORY	PRICE
GYM	£3.40
SLICE SCHEME GYM	£2.30
JUNIOR FITNESS (14-16YRS)	£2.00
INDUCTION	£6.75
GYM & SWIM	£3.70
TIMEOUT*	£3.40
AQUA AEROBICS	£3.40
MONTHLY GYM & SWIM	£26.50
SUNBED (per 3 minutes)	£1.60
SUNBED (5 x 3 minutes)	£6.75
SUNBED (10 for the price of 8)	£12.80
SAUNA (includes Swim)	£4.25
SLICE SCHEME SAUNA	£2.95
SAUNA (10 for the price of 8)	£34.00
LOCKERS (coin return)	£0.20

Prices accurate at time of going to print.

\* The Fitness Suite is unavailable between 10.30am - 11.30am on Monday & Wednesday due to the Timcut women only class being held.

**OPENING TIMES**

MONDAY TO FRIDAY	7am - 9pm
SATURDAY	7am - 7pm
SUNDAY	7am - 2pm

**PERSONAL FITNESS PROGRAMMES INCLUDING:**

- Diet & Nutrition Advice
- Weight Management
- Sports Specific Programmes
- GP Referral Scheme
- Body Conditioning
- Core Stability
- Muscle Hypertrophy (Muscle Gain)
- Body Fat Testing

Please contact reception for more information.

**HOW TO FIND US**



**PUBLIC TRANSPORT - BUSES**

TO BURNCROSS ROAD  
37, 37A, 74, 74A, 77, 80, 88, M92  
TO CHAPELTOWN CENTRE  
29, 66, 72, 72A, 73, 75, 76, 201, 265, X10

**TRAINS**

TO CHAPELTOWN STATION  
Walk down the steps from either platform, turn right and walk up Burncross Road.

**GYM RULES**

1. All gym users must have a gym induction.
2. Tops and suitable footwear must be worn at all times.
3. Please limit use of CV equipment to 10 minutes at busy times.
4. Please wipe down equipment after use.
5. Do not adjust the air conditioning as it is preset to optimal levels.
6. Please do not drop free weights and replace after use.
7. Please consider others and keep the music volume to reasonable levels.

**NB - IN ORDER TO COMPLY WITH OUR CHILD PROTECTION POLICY, DURING TERM TIME PLEASE DO NOT USE CHANGING ROOMS UNTIL SCHOOLS HAVE VACATED THE AREAS.**



**HEALTH & FITNESS**  
From January 2007

Burncross Road, Chapelton  
Sheffield, S35 1RX  
Tel: 0114 257 0354 Fax: 0114 245 0006  
Email: cbinfo@surfree.co.uk

**FITNESS SUITE**

Welcome to the Chapelton Pool Fitness Suite. We aim to offer you a safe, clean environment for your training and enjoyment.

The gym is open seven days a week; please check opening hours before attending.

Prior to starting in the gym you will require a gym induction; this can be booked at reception. Inductions are at set times, as shown below.

<b>Monday</b>	<b>9.30am - 10.30am &amp; 8pm - 9pm</b>
<b>Tuesday</b>	<b>12pm - 1pm</b>
<b>Wednesday</b>	<b>9.30am - 10.30am &amp; 2pm - 3pm</b>
<b>Thursday</b>	<b>12pm - 1pm</b>
<b>Saturday</b>	<b>10am - 11am &amp; 1pm - 2pm</b>
<b>Sunday</b>	<b>10am - 11am</b>

Please note that Inductions are subject to instructor availability.

Personal exercise programmes can be written for individual use; please see reverse for more information on this service.



**SOLARIUM**

We offer the latest in solarium equipment.

Prior to using the booth you will be asked to complete a registration card; this will assist in advising your skin type. On each subsequent visit the card must be completed and you will be asked to sign for each session.

The Solarium is situated on the first floor and is owned and maintained by Sunquest Tanning Systems.

In addition to single sessions, courses are also available for purchase; please contact reception for more information.

A full selection of accessories including personal sunbed goggles and creams to enhance the tanning effect of the unit are available to purchase from reception.

Sessions are of three minutes duration, to a maximum of nine minutes (subject to skin type).



**SAUNA**

Situated on Poolside at the deep end, the Sauna is available for use at the times listed below.

<b>Monday</b>	<b>7.15am - 10.30am</b> <b>(10.30am - 12pm Women only)</b> <b>12pm - 3pm &amp; 5.30pm - 7.30pm</b>
<b>Tuesday</b>	<b>7.15am - 10.30am,</b> <b>12pm - 1.30pm &amp; 6.30pm - 9pm</b>
<b>Wednesday</b>	<b>7.15am - 1pm &amp; 5.30pm - 8pm</b>
<b>Thursday</b>	<b>7.15am - 8.45am, 1.15pm - 3pm</b> <b>&amp; 6.30pm - 7.30pm</b>
<b>Friday</b>	<b>7.15am - 9.45am, 12pm - 1.00pm</b> <b>5.30pm - 6.30pm</b> <b>&amp; 7.30pm - 8.30pm</b>
<b>Saturday</b>	<b>7.15am - 9am &amp; 12pm - 1.30pm</b>
<b>Sunday</b>	<b>7.15am - 2pm</b>

**NB - Please ensure that a shower is taken prior to entering the Pool.**

Private hire of the Sauna & Pool is available and is subject to availability. Contact reception for more details.



**the sauna company**

Tel: 0114 2514442

Working in Partnership with  
Chapelton Baths Community Business