

HEALTH & FITNESS SUITE

The Health & Fitness Suite is divided into an aerobic studio and gym. The gym is equipped with a range of cardiovascular and resistance machines, a free weights section and other equipment to enable you to gain a full body workout. There is also a qualified Fitness Instructor on site, to provide advice on personal exercise prescription and up to date training methods to enable you to meet your training goals.

Opening Times

The Health and Fitness Suite open at a variety of different times during the week.

	Morning	Afternoon	Evening
Monday	7.15 – 8.45	12:00 - 14:00	15.00 – 18.00
Tuesday	7:15 - 8:45	12:00 - 14:00	16:00 - 19:00
Wednesday	7.15 – 8.45	11.00 – 13.00	16:00 - 19:00
Thursday	7:15 - 8:45	12:00 - 14:00	16:00 - 19:00
Friday	7.15 – 8.45	12:00 - 14:00	Closed

Class Times

Class	Instructor	Day/Time	Venue
Zumba	Rosie Collins	Monday 17.15 – 18.00	Main Hall
Studio Cycling	Kerry Bradley	Tuesday 17.15 – 18.15	Gym (Studio)
Tone And Stretch	Rosie Collins	Wednesday 17.15 – 18.00	Main Hall
Boot Camp Fitness	Danny Groom	Thursday 17.15 – 18.15	Mall Hall

Membership Details

To become a member of Dudley College Health and Fitness Suite all you have to do is pay a one off annual fee which lasts from September—June. This includes a personal induction on your first visit. All fees are to be paid to a gym instructor in the Health and Fitness Suite.

Students	£35.00
Staff	£55.00
Friends/Family/Local Community	£75.00
Pay As You Go	£3.50

The Gym Team (REPs Members)

Gym Co-ordinators: Martin Beastall, Kerry Bradley, Danny Groom, and Rosie Collins. You can find us at: The Broadway Campus, E Block (E22). Contact us on the Health and Fitness team on 07961 031545

The Register Of Exercise Professionals (REPs)

Is a National register for qualified instructors, coaches, trainers and teachers who have achieved Government approved qualifications and training.



If you require any more information call the team on **07961 031545**.