

FITNESS ACADEMY

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 is open at a variety of different times during the week.

	Morning	Afternoon	Evening
Monday	Closed	12:00 - 14:00 (Jamie)	16:00 - 19:00 (Kerry)
Tuesday	7:15 - 8:45 (Natalie)	12:00 - 14:00 (Dan)	16:00 - 19:00 (Dan)
Wednesday	Closed	13:00 - 15:00 (Natalie + Kerry)	16:00 - 19:00 (Kerry)
Thursday	7:15 - 8:45 (Natalie)	12:00 - 14:00 (Kerry)	16:00 - 19:00 (Dan)
Friday	Closed	12:00 - 14:00 (Jamie)	Closed

To use the facility during these times membership fee applies apart from **Wednesday 13:00 - 15:00** free usage to **students only**. The gym will be closed during academic holiday times.

Studio Classes

Class	Instructor	Day/Time	Price
Studio Cycling	Dan Moulton	Monday 17:30 - 18:30	£2.50
Circuit Training	Jamie Checketts	Tuesday 17:30 - 18:30	£2.50
Core Conditioning	Natalie Addison or Kerry Bradley	Wednesday 17:30 - 18:30	£2.50

Booking procedure applies to studio classes. You will need to book a week in advance to reserve your place with an instructor in the gym. Only 11 places applies to the studio cycling class. Maximum of 15 on core and circuit. Please ask a gym instructor for more details.

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	£25.00
Staff	£40.00
Friends/Family/Local Community	£60.00

We also have a pay as you go system in place. This is a cost of **£2.50** per individual per gym session or studio class. This is also to be paid on entry to the gym.

The Gym Team

Gym Co-ordinators: John Hayward, Natalie Addison, Kerry Bradley, Daniel Moulton and Jamie Checketts.

You can find us at: The Broadway Campus, E Block (E22).



NEW EQUIPMENT AND NEW CLASSES



If you require any more information call **John** on **01384 363 453**.