

# FITNESS SUITE MEMBERSHIPS

with Torfaen Health & Fitness Suites



**Commit to get fit and take advantage of our competitive membership prices.**

**Direct debit memberships are available from as little as £21 a month (off peak 60+), and includes:**

- No joining fee and competitive rates
- Access to a wide range of exercise classes
- In house spa facilities & treatment rooms
- Free use of the pool during public swim hours
- Support & advice from professional fitness staff

We also have special membership offers for people on low income (allowance scheme) and for people 60+.

PLUS, if you work for a local employer and can encourage four other colleagues to join with you, your employer can qualify for an approved business rate which allows future colleagues to join for a reduced rate as well.

Contact the Fitness Suites direct for details about existing companies that are already registered or for more information about our special rates.



**To become a member call Pontypool Active Living  
Centre Fitness Suite on 01495 742230 or Cwmbran  
Stadium Fitness Suite on 01633 627109**

# Torfaen Fitness Suite Membership Prices

(as of October 2009)

Contract membership's from as little as £21 per month  
by Direct Debit with **NO JOINING FEE**

Normal

Senior  
(60+)

Allowance  
scheme  
discount

## Fixed Term Contract (minimum term of 6 months)

Direct Debit Single - Anytime use £31

Direct Debit Single - Off peak  
- start session before 4.30pm Mon - Fri, all day Sat & Sun £23

Direct Debit Business Rate - Anytime use  
- min 5 no's joining from same company £28

## Monthly Contract (subject to terms & conditions - see staff member for details)

Direct Debit Single - Anytime use £36 £27

Direct Debit Single - Off peak  
- start session before 4.30pm Mon - Fri, all day Sat & Sun £28 £21 £21

**PLEASE NOTE: All off peak usage ends 5pm at latest (Monday - Friday)**

Wellness System Key £10

Induction £10

## Fitness Suite Only (pay as you go)

Monthly Card Single - Anytime use £38 £28.50

Monthly Card Single - Off peak  
- start session before 4.30pm Mon - Fri, all day Sat & Sun £30 £22.50 £22.50

Monthly card 16 - 18 year olds - Anytime use £25 FREE INDUCTION

Fitness Suite 16+ - Anytime use £4.50 £3.50

Fitness Suite 16+ - Off peak  
- start session before 4.30pm Mon - Fri, all day Sat & Sun £3.50 £2.70 £2.70

12 - 15 Fitness club - Parental support £2.30  
- access Mon- Fri 3.30pm - 4.30pm, and 12pm - 6.00pm Sat & Sun (£1.50 with TLC)



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