

KICKS LEISURE SILVERLINK



"INVEST IN LEISURE, IT LASTS A LIFETIME"

TELEPHONE NUMBER:

0191 2626394

KICKS LEISURE

SILVERLINK

PRIVILEGES OF MEMBERSHIP

UNLIMITED USE OF OUR FULLY EQUIPPED GYMNASIUM

INCLUDING:

THE CARDIOVASCULAR AND RESISTANCE TRAINING
EQUIPMENT TREADMILLS, ROWERS,
CYCLES, CROSSTRAINERS, STEPPERS

UNLIMITED PARTICIPATION IN ALL OF OUR AEROBIC AND
BODY CONDITIONING CLASSES, RANGING FROM ABSOLUTE
BEGINNER TO ADVANCED TRAINING

USE OF OUR HEATED SWIMMING POOL AND SPA PLUS
AQUA AEROBIC CLASSES
FULL USE OF OUR SHOWERS, LOCKERS AND HAIR DRYING
FACILITIES

OPENING TIMES

MONDAY	06.30AM-9.30PM
TUESDAY	06.30AM-9.30PM
WEDNESDAY	06.30AM-9.30PM
THURSDAY	06.30AM-9.30PM
FRIDAY	06.30AM-9.00PM
SATURDAY	08.00AM-8.00PM
SUNDAY	08.00AM-8.00PM

CHILDRENS TIMES

MONDAY-SUNDAY	9.30AM-11.30AM
MONDAY-FRIDAY	3.00PM-5.30PM
SATURDAY & SUNDAY	3.30PM-7PM

KICKS SILVERLINK CLASS TIMETABLE 2011

MONDAY

- (ALL) ABS BLAST 5.30PM-6.00PM
- (ALL) ZUMBA 6.00PM-7.00PM
- (ALL) ZUMBA 7.00PM-8.00PM
- (ALL) AQUA 7.00PM-7.45PM

TUESDAY

- (ALL) SPINNING 5.30PM-6.00PM
- (ALL) HI-LOW COMBO 6.00PM-7.00PM
- (ALL) PILATES 7.30PM-8.30PM

WEDNESDAY

- (ALL) SPINNING 5.30PM-6.00PM
- (LEVEL 2) CIRCUITS/BOXERCISE 6.00PM-6.45PM
- (ALL) BUMS, LEGS & TUMS 7.00PM-7.45PM
- (ALL) AQUA 7.30PM-8.15PM
- (ALL) TAI CHI 7.45PM-8.45PM

THURSDAY

- (ALL) AQUA 1.30PM - 2.00PM
- (ALL) AQUA 6.00PM - 6.30PM
- (ALL) CIRCUITS 6.45PM - 6:30PM
- (ALL) TOP TO TOE TONING 6.30PM-7.15PM
- (ALL) SPINNING 7.15PM-8.00PM
- (ALL) ZUMBA 8.00PM - 9.00PM £2.50 MEMBERS/£5 NON MEMBERS

FRIDAY

- (ALL) STRETCH AND YOGA 10.00AM-11.00AM
- (ALL) ABS BLAST 5.30PM-6.00PM
- (ALL) CIRCUITS 6.00PM - 6:45PM

SATURDAY

- (ALL) AQUA 8.30AM-9.15AM
- (ALL) TOP TO TOE TONING 11AM-12PM

SUNDAY

- (ALL) TOP TO TOE TONING 10.30AM-11.30AM
- (2) ABS BLAST 6.00PM-6.30PM

(ALL-INTERMEDIATE, LEVEL 2-ADVANCED, LEVEL 3-EXPERT)

KICKS SILVERLINK MEMBERSHIP PRICES

CASH MEMBERSHIP'S

£325 1 YEAR FULL MEMBERSHIP

£220 1 YEAR OFF PEAK

£150 6 MONTHS + 3 MONTHS FREE
FULL MEMBERSHIP



MONTHLY MEMBERSHIP'S

£35 PER MONTH 6 MONTHS FULL MEMBERSHIP
(FIRST MONTH UP FRONT)

£29.99 PER MONTH 12 MONTHS FULL MEMBERSHIP
(FIRST MONTH UP FRONT)

£24.99 PER MONTH 18 MONTHS FULL MEMBERSHIP
(FIRST AND LAST MONTHS UP FRONT)

£19.99 PER MONTH 24 MONTHS FULL MEMBERSHIP
(FIRST AND LAST MONTHS UP FRONT)



£35 1 MONTH OFF PEAK

£10 DAY PASS NON MEMBER
£5 WITH MEMBER

CHILDRENS MEMBERSHIPS 5 TO 16 YEARS

£3 PER SESSION (5YEARS TO 16 YEARS)
£15 PER MONTH FOR 12 MONTHS 1 CHILD MEMBERSHIP
(1ST MONTH UP FRONT)
£20 PER MONTH FOR 12 MONTHS 2 CHILDREN
(1ST MONTH UP FRONT)
£25 PER MONTH FOR 12 MONTHS 3 CHILDREN
(1ST MONTH UP FRONT)