

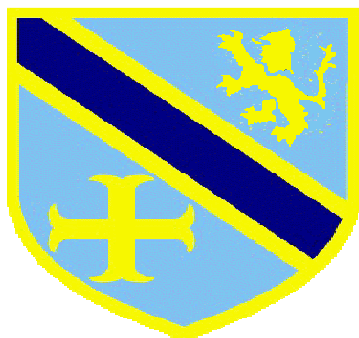
LIFE CENTRE HIGH TUNSTALL

HIGH TUNSTALL
COLLEGE

Elwick Road
West Park
Hartlepool
TS26 0LQ

Email:
claycock@htcs.org.uk

Life Centre



High Tunstall College is proud to inform you that the new gym and fitness facilities are now open.

Membership will be offered on both a casual and monthly basis.

Facilities include cardiovascular equipment, weight lifting equipment, swimming pool and Fitness classes.

Classes available include:

Bodypump	Step
Indoor Cycling	Pilates
Bums 'n' Tums	

For further details, come and visit or contact Cheryl Laycock at the college on 283990



LIFE CENTRE HIGH TUNSTALL

MEMBERSHIP CHARGES

Casual User	£15 year (+ user price) Gym—£2.20 Swim—£2.20 Activity—as stated
Induction	£5
Bronze	£20—Gym only (monthly)
Silver	£25—Gym & Class (monthly)
Gold	£27—Gym, Class & Swim (monthly)
Joint Membership Gold	£48

ACTIVITY CHARGES

Bodypump	£3
Bums 'n' Tums	£2.50
Step	£2.50
Pilates	£3
Indoor Cycling	£3

Life Centre — Opening Hours

Monday	9.00am—1pm 3.30pm - 9.00pm	Thursday	1.00pm — 9.00pm
Tuesday	1.00pm—9.00pm	Friday	1.00pm - 6.30pm
Wednesday	9.00am - 1pm 3.30pm —9.00pm	Saturday	9.00am - 4.00pm
		Sunday	9.00am-4.00pm

Pool - Opening Hours

Monday	7.15pm - 9.00pm	Tuesday	7.15pm—9.00pm
Wednesday	7.15 - 9.00pm	Thursday	7.15pm - 9.00pm