

HOW TO FIND US



This leaflet can be made available in large print, Braille, on audio cassette or DVD. Copies in other languages may also be obtained. Please contact Bracknell Leisure Centre. Tel: 01344 454203 or Minicom 01344 352405.

BodyWorks Opening Hours

Mon- Thurs	6.30am - 10.30pm
Fri	6.30am - 9.30pm
Sat & Sun	8.00am - 8.00pm
Bank Holidays	9.00am - 4.00pm

Prices	Member	Non-member
ADULT		
Peak	£7.70	£9.80
Off-Peak	£6.60	£8.70
STUDENT		
Peak	£4.90	£6.40
Off-Peak	£3.20	£4.70
64+ Sessions	£3.20	£4.70

Visiting us often?

Use our online membership calculator to see if you could save money with a membership. Our Platinum membership includes use of the pools, spa, gym and classes in order to give you a varied workout.



BRACKNELL LEISURE CENTRE

BodyWorks Fitness Room

Bracknell Leisure Centre

Bagshot Road, Bracknell, Berkshire, RG12 9SE
 Tel: 01344 454203 Fax: 01344 868511
 Email: blc.enquiries@bracknell-forest.gov.uk
 Web: www.bracknell-forest.gov.uk/be
 BLC/BW&TEEN/2016



April 2017



WELCOME TO BODYWORKS



BodyWorks is a superbly equipped fitness room split across two floors- the perfect place for you to get fit and stay fit! We have fully qualified staff on hand at all times who can help you to optimise your workout, get the most from our equipment and tailor personal programmes to your specific fitness goals.

BodyWorks Fitness Room is air-conditioned with an extensive range of cardiovascular, resistance machines, free weights, vibration training and specialised equipment for people with disabilities.

More than 'just a gym'!

Things to look out for in BodyWorks which we regularly run for our lovely BodyWorkers:



Get rewarded for your efforts and 'wear the shirt' in recognition of 14, 50 and 100 workouts.

Small Group Training

A 30 minute session led by an instructor who will guarantee you get the most from a variety of equipment.

Personal Training

Our Personal Trainers will encourage, support and motivate you into succeeding whether your goal is to tone up, get back into that little black dress or to run a marathon! See an instructor for details, £27.50 ph.

TeenWorX (school years 7-11)

Our TeenWorX sessions are a cool instructor-led session in the fitness room using different equipment to improve fitness, strength and well-being.

Session Times

Weds 4.30pm - 5.30pm Sat 2.00pm - 3.00pm
 Fri 4.00pm - 5.00pm Sun 3.00pm - 4.00pm
 5.00pm - 6.00pm

Our TeenWorX sessions are booked in advance on a first-come, first-served basis. All of our teens need to have a health questionnaire (available from BodyWorks or website) signed by a parent or guardian before participating.

Additional School Holiday Sessions

Mon 12.30pm - 1.30pm Thurs 12.30pm - 1.30pm



TeenWorX Prices
 £2.40 (member)
 £3.90 (non-member)



Think we sound great?

Then pay us a visit! You can use BodyWorks on a pay as you go basis or as one of our Platinum members.

Before using BodyWorks you will need to complete a health questionnaire and have your blood pressure taken. If there are any concerns about your health you may be asked to check with your GP before exercising.

If you are unsure or unfamiliar with any equipment we recommend you book an induction with one of our instructors. Our gym is always supervised so if you have any further queries whilst working out please see one of our friendly instructors.

We offer fitness assessments and programme reviews to all our customers, enabling one of our instructors to create a tailor-made programme specifically for you.

	6.30am	7.00am	8.00am	9.00am	10.00am	11.00am	12 noon	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	10.00pm	10.30pm	
Monday																			
Tuesday																			
Wednesday																			
Thursday																			
Friday																			CLOSED
Saturday																			CLOSED
Sunday																			CLOSED

Peak rate apply
 Off-peak rates apply
 64+sessions

For further information, please contact BodyWorks on 01344 355430.