

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.

Health and Safety Information

As a valued user of BodyWorks we would like to draw your attention to the following Health and Safety regulations.

- Mobile phones must not be brought into BodyWorks.
- Please do not bring bags into BodyWorks. Lockers are provided. You will need a £1 coin which is refundable.
- Please wear appropriate gym attire and well fitted trainers, jeans are not acceptable.
- Please use paper towelling (provided) or a towel to remove sweat from any equipment you have used.
- Please place all your rubbish in the bins provided.
- Please do not chew gum.
- Please show consideration at all times to other users.

- We encourage users to complete customer comment forms on any issue relevant to the improvement of BodyWorks gym. More immediate issues should be raised with a BodyWorks Instructor and/or Manager.
- To replace lost fluids we recommend you take water during and after exercising. Please bring a bottle with you.
- We advise customers to seek medical advice if in doubt about their suitability for any of our courses.

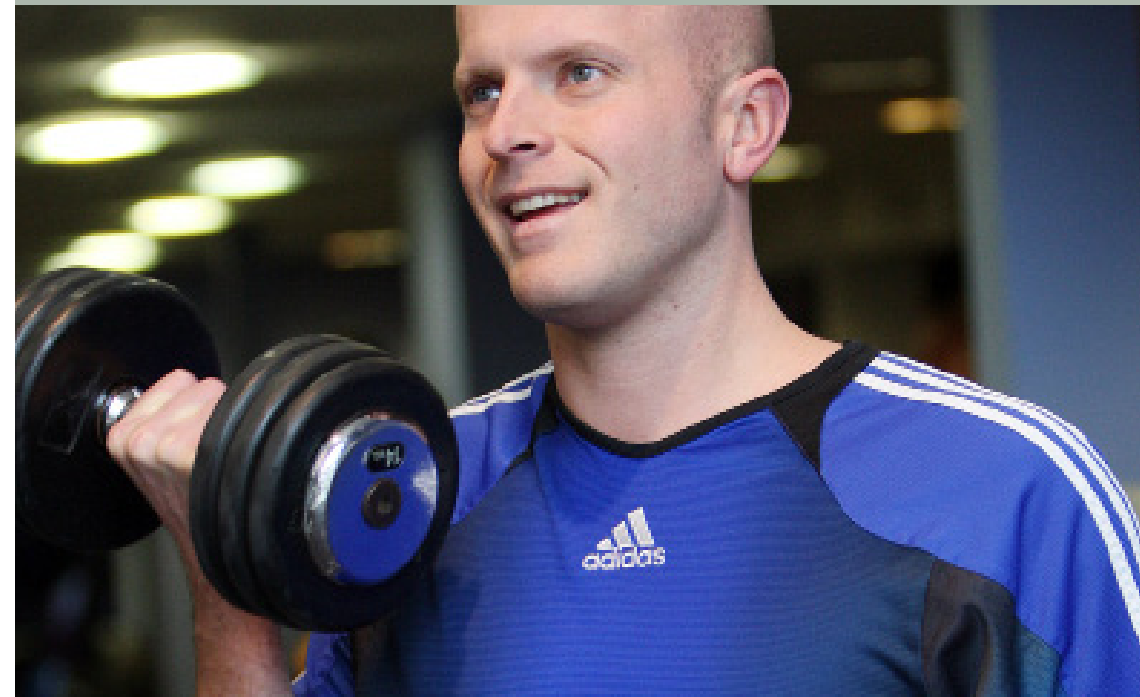
TeenWorX

- We recommend that you book in advance. To book call 01344 454203.
- Please arrive on time for your class to ensure a safe warm-up.
- Please be aware of our cancellation policy:
 - More than 24 hours: No charge
 - Less than 24 hours: Full charge
 - Non-attendance: Full charge



BRACKNELL
LEISURE CENTRE

BodyWorks Fitness Room and TeenWorX Sessions



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/2012



The Government Standard



BRACKNELL FOREST

Be

LEISURE

WELCOME TO BODYWORKS

	6.00am	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	11.00pm	
Monday																			
Tuesday																			
Wednesday																			
Thursday																			
Friday																			
Saturday																			
Sunday																			

BodyWorks is a friendly and sociable gym offering access to everyone over the age of 16 years. Those in school year groups 7-11 can use the facilities in the TeenWorX sessions.

BodyWorks is superbly equipped with a number of cardiovascular and resistance machines including air resistance, two free weight areas and specialised equipment for people with disabilities.

BodyWorks is supervised at all times by our fully qualified instructors who are friendly, approachable, and there to motivate and guide you.

Personal Training: For those who have a particular training need or those in need of extra motivation and assistance in achieving their fitness goals!

Challenges: BodyWorks runs regular challenges for customers to participate in if they wish.

Health Board: BodyWorks displays important information on a variety of health issues.

Member of the Month: Each month we award a customer who we feel deserves recognition for their personal achievement.

Activate: For those who have been referred

for exercise by their G.P. For further information please see an instructor.

Interested in using BodyWorks?

What's next?

- BodyWorks can be used on a pay as you come or membership basis. For further information please visit the Customer Service Desk or see a BodyWorks instructor.
- For Health and Safety reasons, all our customers are asked to complete a confidential health questionnaire and have their blood pressure taken. If there are any contra-indications to exercise you will be asked to check with your G.P. before commencing exercise/training.
- If it is your first time of using BodyWorks please be aware that you are required to book an induction to familiarise yourself with the equipment.
- We offer fitness assessments and programme reviews to all our customers. This useful guide can help instructors devise personalised exercise programmes for you.
- Platinum members are entitled to a free fitness assessment every 6 months and a free programme review every 3 months.



- Key**
- Peak Hours
 - Off Peak Hours. Weekdays 9.00am-5.00pm
 - TeenWorX Session
 - Concessions available for the over 60s
 - TeenWorX Session (Holiday time only)

TeenWorX Sessions: (For school year groups 7-11. Bookable session)

An Instructor led session in the BodyWorks fitness room. Work off excess energy and improve overall fitness, strength and well-being. These sessions are designed to introduce young people to the physical, mental and social benefits of following a health-related physical activity programme.

All TeenWorX customers must complete a Health Questionnaire (available from BodyWorks fitness room) and have it signed by a parent or guardian before participation.

Opening hours

Monday-Thursday 6.30am-10.30pm
 Friday 6.30am-9.30pm
 Saturday-Sunday 8.00am-8.00pm
 Bank Holidays 9.00am-4.00pm

Last ticket times apply

