

## Gym Membership

### Membership Rates

Access to the Sunart Centre Gym is available to current members of **High Life** free of charge. Rates for those not members of High Life are as below. New members must undergo an INDUCTION with a member of staff. Cost of this is £15, which includes one month membership from the date of induction.

<u>Membership</u>	<u>Full</u>	<u>Concessions</u>
<b>1 year:</b>	<b>£90</b>	<b>£80</b>
<b>6 months:</b>	<b>£50</b>	<b>£40</b>
<b>3 Months:</b>	<b>£30</b>	<b>£25</b>
<b>1 Month:</b>	<b>£15</b>	<b>£12</b>
<b>Single Session:</b>	<b>£4</b>	<b>£3</b>

**Concessions are available to:**

Seniors (Over 60) & Youth (14 -17)\*

\*14 & 15 year olds cannot use any weight- related exercise machine.

### GYM OPENING HOURS

#### **School Term:**

Monday .....4:00pm - 9:00pm

Tuesday .....5:30pm - 9:00pm

NB Tuesday 6pm—9pm can be very busy with teenagers under instruction

Wednesday .....4:00pm - 9:00pm

Thursday.....4:00pm - 9:00pm

Friday .....2:00pm - 9:00pm

Saturdays: .....2:00pm - 4:00pm

#### **School Holidays:**

Monday—Friday..... 10:00am - 9:00pm

Saturdays .....2:00pm - 4:00pm

### Sunart Centre Gym Membership

Membership to the Sunart Centre Gym is open to everyone 16\* or over who successfully completes an induction course.

Facilities include a range of free weights and exercise machines, and use of the changing facilities.

Changing rooms & showers are available for members' use at no extra charge. Please use the changing rooms in the corridor to opposite marked STAFF— MALE and FEMALE

Please make sure that you bring appropriate indoor footwear / trainers!

**\*16 & 17 year olds must be accompanied by an adult and may not use any weight-related exercise machines.**

### Café Bar

Self service teas & coffees are available at all times from the Community Foyer.

These are provided by Ardnamurchan Library. Please pay for what you use through the honesty jar on the counter.

### Please sign in & out

We ask all people attending the Sunart Centre Gym and other public sessions to sign in and out at Reception - please do this even if the reception is not manned. It is important that we know who is in the building in the event of an emergency.

*Thank you*

### Àrainn Shuaineirt Management Committee

*Governing The Sunart Centre for the communities of Sunart, Ardgour, Morvern, Moidart and Ardnamurchan*

The Sunart Centre is managed by **High Life Highland** and the Àrainn Shuaineirt Management Committee.

Pricing and policies are as laid down by High Life Highland

All prices as at March 2017. **High Life Highland** reserve the right to amend them without prior notification.

**For all enquiries please contact the Sunart Centre Community Centre Co-Ordinator Eoghan Carmichael**

**Tel: 01397 709228 Email: enquiries@sunartcentre.org. Write to: The Sunart Centre, Strontian PH36 4JA**

Visit our website **www.sunartcentre.org** or join us on **Facebook**