



live active
Fitness

**Live Active
Blairgowrie**



Fitness Gym Timetable

Monday 7th January to Sunday 17th February 2019

Monday 07:00-12:00, 14:45-22:00

Tuesday 09:00-22:00

Wednesday 07:00-12:45,
14:45-22:00

Thursday 09:00-11:00, 12:00-22:00

Friday 09:00-09:45, 10:30-12:45,
14:45-22:00

Saturday 09:00-20:00

Sunday 09:00-22:00

Please turn over
for further
information
about our
Fitness Gym

 www.liveactive.co.uk 



Fitness Gym Information

Equipment

We have a wide range of Life Fitness equipment in our Fitness Room, including 3 Treadmills, 3 Cross Trainers, 3 Bikes and 1 Rowing Machine. We also have an "E-Spinner" bike and a range of resistance equipment and free weights.

Inductions

Please note all customers must have completed an induction at a Live Active Leisure facility before using the Fitness Gym. If you would like to arrange an induction please contact reception and we will arrange an induction at a convenient time. Please arrive 5 minutes before your induction appointment to fill in a brief health questionnaire. If you have any injuries or medical conditions that could be affected by exercise, please consult your doctor before you use the Fitness Gym.

Clothing

We ask that you bring suitable clothing for your induction and when you use the Fitness Gym - for example, a t-shirt or a vest, shorts or tracksuit bottoms and a comfortable pair of trainers.

Fitness Reviews/Programmes

We can offer a Fitness Programme designed by our qualified instructors and tailored to suit you. You can also book a Fitness Review which will give you an idea of your current fitness levels and will help you set achievable fitness goals. If you would like to book an appointment for a Fitness Review or to have a Fitness Programme designed for you, please contact reception and we will arrange for an instructor to contact you.

Under 16s

We allow children aged 12-15 years old to use the Fitness Gym at any time of the day if they are accompanied by a responsible adult (over 16 years old). Children aged 12-15 can also use the Fitness Gym unaccompanied on weekdays before 5pm and any time during weekends. The child and supervising adult (where applicable) must have completed an induction to use the Fitness Room.

Live Active Blairgowrie
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