

Breaking News!

October 2009

Gym Refurbishment Programme

We are pleased to announce the refurbishment of the gym at The Pavilions In The Park. The £130,000 investment, funded by DC Leisure, will see a range of improvements alongside installation of new equipment. Details of closures and alternative arrangements for gym users and Studio Cycling classes are detailed in this newsletter, if you have any further questions please speak to a member of the gym team.

The Improvements

- 42 new pieces of fat burning cardio-vascular equipment including 4 state of the art AMT machines – a cross between a stepper and a cross trainer that adapts to the motion of your body to provide a varied and engaging workout.
- New wireless headphone system to connect to the new television screens
- Additional free weights equipment and benches
- New carpets, flooring and mats
- Re-upholstery of all resistance weights machines
- New Studio Cycling Bikes

The team are delighted with the investment and we hope you enjoy the upgraded facilities.

We thank you for your co-operation during this time and we look forward to the end result.

Tim Bolton
Contract Manager

Clare Sutherley
Fitness Manager



Gym Refurbishment Schedule

Our kinetika gym will be closed from Monday 2nd November to Friday 13th November inclusive to complete the refurbishment works and will re-open at 6.15am on Saturday 14th November.

During this time you will be able to use the gyms at our other sites - Broadbridge Heath Leisure Centre, Billingshurst Leisure Centre or Steyning Leisure Centre. A fast track induction will be required at these sites and will be provided free of charge only whilst the refurbishment works are carried out (normal fee £10). Please ensure you take your valid membership card with you or you will not be permitted entry.

Pre-book your inductions until 1st November at The Pavilions In The Park on 01403 219200. From 2nd November please contact the individual site you wish to use.

Broadbridge Heath Leisure Centre	01403 211311
Billingshurst Leisure Centre	01403 787500
Steyning Leisure Centre	01903 879666

The health suite will be unaffected by the works and will remain open. We will be offering additional Workout Classes during the closure to supplement our normal programme, please see over for details.

When the gym re-opens

All gym users will be required to complete a fast track induction to show them how to use the new equipment. To avoid disappointment we recommend that you book your induction in advance by calling 01403 219200 or speak to reception on your next visit. You will not be permitted to use the new gym until you have completed an induction.

Studio Cycling Programme

During the first week of the gym refurbishment, 2nd – 8th November, we have arranged to move 11 of the 16 classes to Broadbridge Heath Leisure Centre. See below for details, please note there are some small time differences. These classes are exclusively for Pavilions In The Park customers and should be booked in the usual way at Pavilions on 01403 219200. The only change to note is that no bookings will be taken in the 2 hours before the class.

Studio Cycling classes will return to normal at The Pavilions In The Park from Monday 9th November.

Classes to run at Broadbridge Heath Leisure Centre

Monday 2nd November 5.00pm - 5.45pm	Thursday 5th November 9.30am - 10.15am
Tuesday 3rd November 12.15pm – 1.00pm 7.15pm – 8.00pm	Friday 6th November 7.00 - 7.45am 6.00pm – 7.00pm
Wednesday 4th November 7.00am - 7.45am 5.50pm - 6.35pm 7.45pm - 8.30pm	Saturday 7th November 10.30am - 11.15am Sunday 8th November 10.30am - 11.30am

Q&A

When can I see the new gym?

The gym re-opens on Saturday 14th November, you can drop in any time after that to see us, but please remember you will need to book a free induction before you can use the new equipment – call 01403 219200.

Will the health suite be closed?

No – the health suite and fitness changing rooms will remain open throughout the works.

What can I do instead of the gym?

Swimming, the health suite and workout classes are available at no extra cost to kinetika members, and additional classes have been added throughout the closure period. If you would still like to use the gym book an induction at one of our other sites – see front page for details.

Will I get a refund or can I suspend my membership?

Due to the short length of time and alternative arrangements made we will not be offering refunds or discounts on membership fees. Suspensions will only be granted on medical or financial grounds. Please refer to your membership terms and conditions for details.

I have another question

If you would like any further information please contact us

The Pavilions In The Park

01403 219200

enquiries@thepavilionsinthepark.co.uk

Other Activities

Whilst the gym is closed why not take the opportunity to try some other activities on offer at The Pavilions In The Park. kinetika members have access to all workout classes, public swimming and aqua aerobics classes. Doing something different is often a good way to push yourself and improve fitness levels so why not give Body Pump or Combat a try. Our swim and workout timetables are available from reception or online at www.thepavilionsinthepark.co.uk

In addition to our normal workout programme we have also added some extra classes during the closure that will complement your normal gym workout. These classes must be booked in advance by calling 01403 219200.

Mondays 2nd & 9th November

12.15pm – 1.00pm	Circuits	Activity Hall
1.15pm – 2.00pm	Weighted workout	Activity Hall
1.35pm – 2.20pm	Core strength	Studio
2.20pm - 2.50pm	Ab Fit	Studio

Tuesdays 3rd & 10th November

12noon - 12.45pm	Weighted workout	Activity Hall
12.15pm – 1.00pm	Yoga	Studio
1.00pm - 1.45pm	Circuits	Activity Hall
1.15pm – 2.00pm	Stability ball	Studio

Wednesdays 4th & 11th November

1.30pm - 2.15pm	Stability ball	Studio
2.15pm - 2.45pm	Stretch & relax	Studio

Thursdays 5th & 12th November

12noon - 12.45pm	Yoga	Studio
1.00pm - 1.45pm	Core strength	Studio

Fridays 6th & 13th November

12.15pm – 1.00pm	Circuits	Activity Hall
1.15pm – 2.00pm	Weighted workout	Activity Hall
1.35pm – 2.20pm	Stability Ball	Studio
2.20pm – 2.50pm	Ab Fit	Studio
6.00pm - 6.45pm	Circuits	Activity Hall
7.00pm - 7.45pm	Weighted workout	Activity Hall

