



Centre Prices 2009

Zest Health & Fitness

Gym Session	£5.50
Junior Fit Zone	£2.50
Gym Induction	£15.00
Gym Induction Junior	£4.00
Gym Induction Active Trafford	£10.00
Zest Personal Programme	£15.00
Exercise Classes	£4.50
Specialised Classes	£5.00
Aqua Aerobics	£4.50
Junior Exercise Classes	£2.50
Guest Fee (racquets)	£3.50
Spinning (all classes)	£4.80

General Activities

Tiny Teds Session	£2.10
Tiny Teds 2nd child	£1.50
50+ Activities	£3.00
Sunbed	£1.50

Swimming & Sauna

Adult Swimming	£2.90
Junior Swimming	£1.50
Under 5's swimming	£0.50
Family Swim (1 adult & 2 juniors)	£5.00
Family Swim (2 adults & 2 juniors)	£7.00
Sauna Session	£4.70
12 week <i>begin well</i> lessons	£46.00

Sports Activities

Badminton	£9.00
Squash	£8.00
Table Tennis	£4.00
Hire of Hall (5crts. 5 a side etc.)	£45.00
Junior Table Tennis	£3.00
Junior Badminton	£6.50
Junior Squash	£5.40
12 week sports courses	£43.20

The above prices are correct as from the 1st of January 2009. The displayed prices outline this sites core activities. For other activities please contact reception for further details. Court prices are quoted by the hour.

