



# 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  |

## General Activities

|                     |       |
|---------------------|-------|
| Tiny Teds Session   | £2.10 |
| Tiny Teds 2nd child | £1.50 |
| 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 |
| 40+ Aqua Aerobics                  | £3.20  |

## Sports Activities

|                                     |        |
|-------------------------------------|--------|
| Badminton                           | £9.00  |
| Junior Badminton                    | £6.50  |
| Hire of Hall (5crts. 5 a side etc.) | £45.00 |
| 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.

