

Altrincham Leisure Centre

Oakfield Road . Altrincham . Cheshire WA15 8EW

T 0161 926 3255 F 0161 926 3240

George H Carnall Leisure Centre

Kingsway Park . Davyhulme . Manchester M41 7FJ

T 0161 749 2555 F 0161 749 2556

Partington Leisure Centre

Chapel Lane . Partington . Manchester M31 4ES

T 0161 777 4222 F 0161 777 4223

Sale Leisure Centre

Broad Road . Sale . Cheshire M33 2AL

T 0161 905 5588 F 0161 905 5589

Stretford Leisure Centre

Greatstone Road . Stretford . Manchester M32 0ZS

T 0161 875 1414 F 0161 875 1415

Urmston Leisure Centre

Bowfell Road . Flixton . Manchester M41 5RR

T 0161 749 2570 F 0161 749 2571

Textphone users add prefix 18001

W www.traffordleisure.co.uk

E info@TraffordLeisure.co.uk



HEALTH & FITNESS



**Trafford Community
Leisure Trust**



Health & Fitness

Zest Health and Fitness provides a fresh outlook towards exercise and relaxation. With a whole range of facilities on your doorstep we are there to provide the perfect environment for all your fitness demands. For all our users, join one centre you join them all, and with centres located across the borough you'll never be far away!

Zest Gyms >>

All our gyms provide a friendly welcoming atmosphere, all are fully air-conditioned and provide a wide array of hi-tech fitness equipment catering for the beginner and health enthusiast alike.

Zest Induction & Personal Programmes >>

All new Zest members will undergo an initial health assessment as part of their complimentary induction. Following this, new members will undergo a tailored fitness induction to ensure the member is comfortable using the equipment safely.

All Zest members can take advantage of ongoing complimentary personal exercise programmes to cover a range of exercise goals from weight loss to improving muscle tone.

Zest Events >>

Lookout for the range of events and challenges that not only help you stay motivated but provide you with the opportunity to win some great prizes.

Exercise Classes >>

With over 150 classes a week ranging from Yoga to Spinning, we are sure to have something for everyone. Check the Exercise Class Timetable in the reception area for an up to date listing of our classes.

Swimming & Sauna >>

If you're looking for a demanding workout, to relax or be invigorated, our swimming and sauna facilities can cater for you. Our pools host a variety of sessions ranging from lane swimming to adult only sessions and our sauna facilities are available for all customers to provide a fantastic way to unwind and relax.

Badminton & Squash >>

Add some competitiveness and fun to your workout! All B & C Zest members can play badminton and squash as part of their membership package.

Availability of exercise classes and racquet sport facilities vary from site to site, some classes have limited numbers and may require pre booking. For further details contact your local centre. Availability and daytime periods may vary from site to site please contact the specific site for details. Membership offers are subject to change and are based on convenient payment through Direct Debit. Terms and conditions apply.



Zest Membership Packages as simple as ABC!



It takes just two simple steps to create your Zest Membership

STEP 1 - Choose a Package

AQUA	• Swimming	anytime
BASIC	• Gym • Swimming • Exercise Classes • Spinning • Racquet Sports • Personal Programmes	daytime
COMPLETE	• Gym • Swimming • Exercise Classes • Spinning • Racquet Sports • Personal Programmes	anytime

Family memberships



For fantastic value for money, Mums, Dads and Kids can take advantage of our family membership which provides all the family with unlimited workouts across our 6 facilities for one great price!

- All fitzone sessions
- Swimming, including Inflatable and Fun Sessions
- Daytime & weekend Racquet Sports

- Gym
- Exercise Classes
- Swimming
- Daytime & weekend Racquet Sports



A Zest Member at one Centre is a Zest Member of all!
6 Gyms, 5 Pools, over 150 classes and much more.

STEP 2 - choose a Payment Plan

- 1. Flexible – No contracts!** Pay monthly through direct debit with no ties or commitments – stop your membership with just a months notice.
 - 2. Fixed** – Be committed to your exercise! Save money and choose our 12 month package payable by monthly direct debit.
 - 3. Annual** – Choose our yearly one off annual payment and pay NO ADMIN FEE plus receive 2 months free, 12 for the price of 10!
- Money Back Guarantee** – If your not completely satisfied with you package we offer a full 14 day money back guarantee – SO WHAT ARE YOU WAITING FOR?

For further details call your local Zest Health & Fitness centre to speak to a member of the team. we can arrange a quick chat and a tour of the facilities. Numbers are on the back of this leaflet.