

We want you to enjoy your membership - so here are a few pointers to keep everyone safe in our fitness areas:

What to wear

Wear comfortable, loose clothing and trainers. No sandals, flip flops, or open toed shoes please!

In the Fitness Suite

- Do not use your mobile phone whilst in the Fitness Suite.
- Food and chewing gum are not allowed.
- Only sealed plastic drink containers can be brought into the Fitness Suite.
- The advised maximum time on each piece of equipment is 20 minutes.
- If you need to have a rest, please move away from the machines to allow others to work.
- Please do not drop or bang weights.
- You must wipe equipment after each use.
- Free weights are for ages 16 and over only.

In a class

- Turn off your mobile phone before the class starts.
- Only sealed plastic drink containers are allowed in class.
- Food and chewing gum are not permitted.
- Some classes such as Pilates/Yoga are a form of relaxation so the studio needs to be very quiet.
- Don't forget to put all your equipment back when you have finished.

And...

...To get good at this exercise stuff, be sure to listen to your instructor and give respect to all your fellow users.

Wirral's Sports & Leisure Centres



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1 Europa Pools Leisure Centre 136 Conway Street, Birkenhead, Wirral CH41 6RN	5 West Kirby Leisure Centre Grange Road, West Kirby, Wirral CH48 4HX
2 Guinea Gap Leisure Centre Riverview Road, Wallasey, Wirral CH44 6PX	6 Wirral Tennis & Leisure Centre Valley Road, Bidston, Wirral CH41 7EJ
3 Leasowe Leisure Centre Twickenham Drive, Leasowe, Wirral CH46 1PF	7 Woodchurch Leisure Centre Carr Bridge Road, Woodchurch, Wirral CH49 8EU
4 The Oval Leisure Centre Old Chester Road, Bebington, Wirral CH63 7LF	8 Beechwood Recreation Centre 18 Beechwood Drive, Beechwood, Wirral CH43 7ZU



For more details call **0151 606 2010**
or visit wirral.gov.uk/invigor8



Invigor8

Teen Invigor8
Get fit, look fit and be fit!



We all know that staying fit and active is good for you. In fact, 8 out of 10 teenagers say they want to be fitter! So, we have built a fantastic new **Teen Invigor8** fitness membership just for you.

Available to all young people over 12*, Teen Invigor8 offers over 200 fitness classes per week, state of the art fitness suites and access to a range of teen specific activities. Membership includes:

- No joining fee (part payment of the first month DD may be required)
- Free equipment hire
- Advanced 8 day booking
- 50% off any Invigor8 school holiday activities
- Use of athletics track at The Oval

So, how much is it?

Teen Invigor8 (from just £2.96 per week):

- Committed monthly Direct Debit: £13.30 (with Wirral Passport**: £10.30)
- Uncommitted monthly Direct Debit: £15.85 (with Wirral Passport**: £12.85)
- Annual: £154

A cash pass is also available - more details at reception.

Fancy a bit more? Try out **Teen Invigor8+**, you'll get all the above plus **FREE** swimming all year round!

Teen Invigor8+ (from just £3.28 per week):

- Committed monthly Direct Debit: £14.75 (with Wirral Passport** £11.75)
- Uncommitted monthly Direct Debit: £17.60 (with Wirral Passport** £13.75)
- Annual: £171

Like what you see? Then call into your local centre today to join. Don't forget to bring a parent/ guardian with you to complete the application form.

Choose the activity you fancy, where you want to do it and log on to wirral.gov.uk/invigor8 to choose your time and book. Pick up a class timetable at your local centre to find out more about our classes.

Activity	GG	EP	LLC	TC	WK	OVAL	WCh	BW
Aerobics			Y	Y	Y	Y	Y	
Aerobics +		Y	Y				Y	
Aqua	Y	Y	Y		Y	Y	Y	
Aqua +	Y	Y				Y		
Aqua Jog			Y					
Aqua Zumba	Y							
Back to Netball			Y					
Body Conditioning			Y	Y	Y	Y	Y	
Body Conditioning +						Y		
Boxercise								Y
Circuits (16+)			Y	Y	Y	Y	Y	
Cardio Tennis (16+)				Y				
Dance Mat Fever			Y	Y				
Discorobics					Y			
Easyline			Y	Y	Y			
Fitball			Y	Y	Y	Y		
No Stings Badminton			Y	Y		Y		
Kettlercise (14+)			Y	Y	Y			Y
Pilates		Y	Y	Y	Y	Y		Y
Revolutions (14+)		Y	Y		Y	Y		
Salsa						Y		
Social Badminton				Y				
Step		Y		Y	Y	Y		
Run in Wirral					Y	Y		
Tai Chi			Y	Y	Y	Y	Y	
Teen Bootcamp				Y				
Teen Core				Y				
Teen Tone					Y			
Trixter	Y		Y	Y				
Trixter +				Y		Y		Y

Leisure Centres Key - GG: Guinea Gap, **EP:** Europa Pools, **LLC:** Leasowe, **TC:** Tennis Centre, **WK:** West Kirby, **OVAL:** The Oval, **WCh:** Woodchurch, **BW:** Beechwood.

If a class isn't for you, then maybe a workout in the gym will suit with Teen Fitness Suite sessions*:

- **The Oval Leisure Centre:** Tuesday, 3.30-4.30pm and Saturday & Sunday (hourly), 9am, 10am & 11am
- **West Kirby Leisure Centre:** Friday, 7.30-9pm and Sunday 1.30-3.30pm
- **Leasowe Leisure Centre:** Friday, 7-8.30pm and Saturday, 11am-1pm
- **Tennis Centre:** Tuesday & Thursday 3-5pm and Saturday & Sunday, 2-4pm

Teen specific sessions - just for you!

Boxercise: Using training concepts of professional boxers, this session offers much more than the average exercise class.

@ **The Oval**, Thur 4pm. Age: 11-16.
@ **Guinea Gap**, Wed 5pm & Fri 7.30pm. Age 16+.

Cheerleading: Put the fun back into fitness. Try your hand at a mix of dance, chants & stunts!

@ **West Kirby**, Tues & Wed 4.45pm. Age 12-17.

Teen Bootcamp: Take on the challenge and improve your fitness, strength and stability with short bursts of fun, high intensity activity.

@ **Tennis Centre**, Tues 5pm. Age 12-17.

AquaZumba: Combining a workout in the water with the zest of Zumba for that extra invigor8-ing session.

@ **Guinea Gap**, Wed 7.15pm & Friday 7.30pm.

Teen Core: This session combines Pilates, Kettle Bells and Dance Mats improving core strength.

@ **Tennis Centre**, Sun 1pm & Mon 5pm. Age 12-17.

Teen Tone: bend it, shape it and tone it with this relaxing low impact class.

@ **West Kirby**, Thursday 5pm.

Teen Revolutions: Get ready for the ultimate cardio workout with some of the best tunes of the week!

@ **West Kirby**, Friday 5.15pm.

*Please note, each new member must undergo a free induction before using any equipment in the Fitness Suite.

* Teens age 12-14 must be accompanied in classes by an adult. 14+ can attend without supervision.

** Wirral Passport price level is available to a dependent child of those on Income Support, IBJSA, Council Tax Support, Housing Benefit, Income related ESA and Working/Child Tax Credit.