



MINSTHORPE
SPORTS & FITNESS

Welcome to Minsthorpe Sports & Fitness



Email: sports@minsthorpe.cc

Tel: 01977 644668

Memberships

Monthly Direct debit Memberships (No contracts, cancel any time!)

All memberships include unlimited use of the gym & fitness classes* & 1 badminton/tennis court per month

*Subject to availability

Single Membership £22.50

Joint Membership £40.00

Over 60's Membership;17.00

Student Membership £17.00
(Valid Student ID Required)

Blue Light Membership £17.00
(NHS, Police, Fire Service, Armed forces, WMDC. ID Required)

Workplace Membership £17.00
(Includes all Dale Lane & Langthwaite Industrial Park Businesses, ID Required)

Cash/Card Single Month Membership Includes Unlimited Use of the Gym & Fitness Classes* *Subject to availability

Single Membership £30.00

Joint Membership £50.00

Over 60's Membership;20.00

Student Membership £20.00
(Valid Student ID Required)

Blue Light Membership £20.00
(NHS, Police, Fire Service, Armed forces, WMDC. ID Required)

Workplace Membership £20.00
(Includes all Dale Lane & Langthwaite Industrial Park Businesses, ID Required)

Cash/Card Yearly Membership All memberships include unlimited use of the gym & fitness classes*, 1 badminton/tennis court per month & 6 free family/friend passes *Subject to availability

Single Membership £195

Joint Membership £360

Over 60's Membership;175

Student Membership £175
(Valid Student ID Required)

Blue Light Membership £175
(NHS, Police, Fire Service, Armed forces, WMDC. ID Required)

Workplace Membership £175
(Includes all Dale Lane & Langthwaite Industrial Park Businesses, ID Required)

Single Gym session £5.00



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Fitness Class Programme

MONDAY

Aerobiking - £5.00

Pedal to the beat of the rock/dance music in a friendly atmosphere. Beginners are welcome. **(0900 - 0945)**

Kettlebell Training - £5.00

A full body workout, ideal for improving muscular strength/endurance. Enjoy the toning experience! **Instructor - Richard (1730 - 1815)**

Yoga - £5.00

In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated.

Instructor - Tina (1800 - 1900)

TUESDAY

Function - £5.00

Kickstart your day with this early morning 45 minute full body session.

Instructor – Ryan (0645 - 0730)

Cardio Blast - £5.00

A class different to any other! This class contains parts of different fitness classes mixed together to make a full body workout. All fitness levels are catered for.

Instructor - Ryan (0900 - 1000)

Aerobiking - £5.00

Pedal to the beat of the rock/dance music in this high tempo 30 minute session.

Instructor – Ben (1730 - 1800)

Legs, Bums & Tums - £5.00

The name says it all! This class helps to tone and strengthen the core and lower body muscles. Suitable for all fitness levels. **Instructor – Trudy (1800 - 1900)**

W.O.W. - £5.00

Workout of the day!! A high intensity class including free weights, Olympic bars, ski ergs etc. A different set up each week.

Instructor – Ben/Callum (1900 - 2000)

WEDNESDAY

Aerobiking - £5.00

Pedal to the beat of the rock/dance music in this high tempo 30 minute session.

Instructor – Ryan (0645 - 0730)

Aerobiking 101 - £5.00

Aerobiking mixed with bodyweight and weight exercises. A great CV/resistance mix! **Instructor - Ryan (0900 - 1000)**

Bootcamp Circuit - £5.00

A high energy circuit incorporating both old school and new school techniques guaranteed to boost your fitness and energy levels. Held both in the Olympic spec sports hall and outside on the grass field. **Instructor - Ben (1800 - 1900)**

THURSDAY

Function - £5.00

Kickstart your day with this early morning 45 minute full body session.

Instructor - Ben (0645 - 0730)

Metabolic Circuit - £5.00

Gym based resistance interval training. Get the fat-burning/heart-busting benefits of intense cardio along with the muscle-toning properties of a weight workout.

Instructor – Leann (0900 - 1000)

Aerobiking 101 - £5.00

Aerobiking mixed with bodyweight and weight exercises. A great CV/resistance mix! **Instructor - Ryan (1800 - 1845)**

Boxercise - £5.00

A fun filled action packed class to suit all fitness levels based around boxing training. The class improves both cardiovascular and strength fitness levels.

Instructor - Rich (1900 - 1945)

FRIDAY

W.O.W. - £5.00

Workout of the day!! A high intensity class including free weights, Olympic bars, ski ergs etc. A different set up each week.

Instructor – Ben/Callum (0645 - 0745)

Boxercise - £5.00

A fun filled action packed class to suit all fitness levels based around boxing training. The class improves both cardiovascular and strength fitness levels.

Instructor - Ben (0900 - 1000)

Yoga - £5.00

In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated.

Instructor - Tina (1000 - 1100)

Team Rich/Trudy - £5.00

Based in both gym and link block (usual class area). A different class each week. A low numbered class to allow close instruction from Richard or Trudy.

Instructor – Richard/Trudy (1730 - 1830)

SATURDAY

Instructors Choice - £5.00

A different fitness class each week. Please call or see staff for more details. **Instructor – See Notice Board (0930 - 1030)**

SUNDAY

Team Rich - £5.00

Based both in the gym and link block (usual class area). A different class each week. A low numbered class to allow close instruction from Richard. **Instructor**

– Richard (1030 - 1130)

Please Note: Booking is required for all classes. Classes will be cancelled if fewer than 5 people attend.

** Participants will need to buy a pair of reusable glow sticks for £6. Available from the instructor*

Sports Hall with Viewing Area

Full Hall £30.00 • Badminton Court £9.00

Short Tennis Court £9.00 • Table Tennis £6.00

Indoor Bowls (1x25m, 1x12m, 1x33m Mats) £30.00

Tennis Court £7.00

Minsthorpe Community College

Minsthorpe Lane

South Elmsall

Pontefract

WF9 2UJ

Floodlit 3G Multi Sports Pitch

1/3 £35.00 • Full Pitch £85.00 • All bookings per hour

Indoor Football £27.50 per hour

Opening Times

Monday - Friday 0630 - 2200

Saturday 0800 - 1600

Sunday 0900 - 1400



INVESTOR IN PEOPLE



CUSTOMER SERVICE EXCELLENCE



Email: sports@minsthorpe.cc

Tel: 01977 644668

- **Open to the general public**
- **First class facilities**
- **State-of-the-art Technogym fitness & conditioning equipment**
- **Full size floodlit 3G synthetic pitch**
- **800m2 sports hall with viewing area**



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Monday - Friday 0630 - 2200

Saturday 0800 - 1600

Sunday 0900 - 1400



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Ryan Johnson

Personal Training



- Sports Specific Training
- Functional Training
- Weight Loss
- Strength Conditioning
- Program Design
- Sport Injuries
- Back & Leg Pains
- Tendonitis/Shin Splints

mob 07891 564075

R.J.personaltraining@hotmail.co.uk