

STUDIO TIMETABLE

MONDAY	7.15am - 8.00am STUDIO CYCLING (B) ❤️ 🏋️	10.30am - 11.25am FITBALL (B) 🏋️ 🏋️		2.00pm - 2.55pm PILATES (B) 🏋️ 🏋️	3.15pm - 4.10pm HEALTHY BACK CLASS (B) ★	5.00pm - 6.25pm YOGA (B) 🏋️	7.00pm - 7.55pm BODY BALANCE (B) 🏋️ 🏋️	8.15pm - 9.00pm STUDIO CYCLING (B) ❤️ 🏋️
TUESDAY	7.15am - 8.40am YOGA (B) 🏋️	10.45am - 11.55am MOTHER & BABY YOGA (B) 🏋️		1.30pm - 2.55pm BEGINNERS YOGA (B) 🏋️	5.30pm - 6.15pm STUDIO CYCLING (B) ❤️ 🏋️	6.30pm - 7.25pm INTERMEDIATE PILATES (B) 🏋️ 🏋️	7.30pm - 8.25pm BEGINNERS PILATES (B) 🏋️ 🏋️	
WEDNESDAY		9.30am - 10.15am STUDIO CYCLING (B) ❤️ 🏋️		1.30pm - 2.55pm BEGINNERS YOGA (B) 🏋️		6.00pm - 6.55pm ENERGISE YOGA (B) 🏋️ 🏋️	7.00pm - 7.55pm BODY BALANCE (B) 🏋️ 🏋️	8.00pm - 8.55pm INTERMEDIATE TAI CHI (B) 🏋️
THURSDAY	7.15am - 8.00am STUDIO CYCLING (B) ❤️ 🏋️	10.30am - 11.55am BEGINNERS YOGA (B) 🏋️	12.30pm - 1.25pm FITBALL (B) 🏋️ 🏋️		5.30pm - 6.55pm PREGNANCY YOGA (B) 🏋️	7.30pm - 8.25pm PILATES (B) 🏋️ 🏋️		
FRIDAY		10.45am - 11.30am STUDIO CYCLING (B) ❤️ 🏋️	12.30pm - 1.55pm YOGA (B) 🏋️			6.00pm - 6.45pm STUDIO CYCLING (B) ❤️ 🏋️	7.00pm - 7.55pm BODY BALANCE (B) 🏋️ 🏋️	
SATURDAY		9.15am - 10.00am STUDIO CYCLING (B) ❤️ 🏋️	10.00am - 10.45am STUDIO CYCLING (B) ❤️ 🏋️					
SUNDAY		9.00am - 10.25am ENERGISE YOGA (B) 🏋️ 🏋️	10.30am - 11.55am ENERGISE YOGA (B) 🏋️ 🏋️					

KEY	❤️	Aerobic	🏋️	Body and Mind	(B)	Booking Required	★	Specialised	🏋️	Strength and Tone
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Spa

Relax the body and soothe the mind in our luxury health spa including: Latest designed sauna and steam rooms as well as a Bio Sauna and Monsoon shower. Includes access to the swimming pool during public swim sessions.

(Non-member £4.10)

Avalon Activate

Provides use of the Fitness Suite for those aged 14 and 15. Programmes are based on those used for adults but adapted to the needs of young teenagers.

See in house display for session times

(Non-member £4.10)

Fitness Suite

Our Fitness Suite is one of the largest in the area offering a full and comprehensive range of cardio and resistance equipment. Our Lifestyle Team look to inspire our members with energy, support and fitness knowledge to help our members achieve their individual potential.

Fitness Suite Opening Times

Monday - Friday 7.00am - 10.00pm
Saturday & Sunday 7.00am - 6.00pm

4 Stage Induction (Non-members £23.50)

Re-programme (Non-members £10.40)

Fitness session (Non-members £5.45)

Free to Members

Massage and Beauty Therapy

Book an appointment with our qualified Beauty Therapist or Treatment Therapist and enjoy facials, pedicures, manicures, massages, waxing, electrolysis, Reflexology and aromatherapy. Please contact a member of our Reception Team for further details.

16 years+

Do you visit the centre twice or more each week? If you do, you can save £'s with our all inclusive Lifestyle Membership

How much can I save?

Per Week	'Pay As You Go' Rate Per Month	Savings Monthly	Savings Annually
Swim x 4 (£16.80)	£67.20	£29.70	£356.40
Gym x 3 (£16.35)	£65.40	£27.90	£334.80
Gym x 2 / Swim x 2 (£19.30)	£77.20	£39.70	£476.40
Gym x 1 / Class x 2 (£15.35)	£61.40	£23.90	£286.80
Class x 3 (£14.85)	£59.40	£21.90	£262.80
Class x 2 / Swim x 2 (£18.30)	£73.20	£35.70	£428.40

NB. Exercise Class price based on minimum charge. Savings calculated using Individual membership price £37.50.

For membership types and plans please call 01458 444915 or speak to a member of our reception team for details.

Join as a Lifestyle Member today and benefit from:

Personal Programmes

Swimming

Support, Motivation and Exercise Advice

All inclusive membership

Fitness Suite

Over 50 Exercise Classes

Spa



WELLS LEISURE CENTRE
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www.avalonleisure.co.uk



INVESTOR IN PEOPLE



Avalon Leisure manage Wells Leisure Centre on behalf of Western Community Leisure in partnership with Mendip District Council.



