

Allsorts Summer Gym Programme

Midweek	17.00 – 18.00	Cost	18.00 – 19.00	Cost
Monday			Strength Training*	£8.00 / £6.50
Wednesday	Personal Training	£30.00	Open Gym	£5.00 / £4.00
Friday	Personal Training	£30.00	Open Gym	£5.00 / £4.00

Weekend	10.00 – 11.00	Cost	11.00 – 12.00	Cost
Saturday	16 – 25s Class*	£8.00 / £6.50	Open Gym	£5.00 / £4.00
Sunday	Open Gym	£5.00 / £4.00	Stretch & Flex*	£8.00 / £6.50

Strength Training

Strength Training includes free weight and body weight exercises that aim to increase muscular strength and endurance. This class is suitable for those wanting to become stronger and build muscle!

Stretch & Flex

Stretch & Flex is a lower impact training class that focuses on balance, coordination and stretching muscles. This session is a welcome balance to more dynamic training, but there is still space to flex your muscles!

16 – 25s Class

This class is exclusive to Young Adults – i.e., those aged 16 – 25. It's a great opportunity to train with friends before our Young Adults social club, or before you enjoy the rest of your day!

*all fitness classes last for 50 minutes.

Booking and Payment

If you would like to discuss and / or book onto any of our gym sessions, please contact max@allsortsglos.org.uk or speak to a member of the Allsorts Sports and Fitness Team.

We offer Pay & Play and Block Booking payments for our open gym sessions and fitness classes. A minimum of four sessions must be booked to qualify for block booking rates. These can include a mixture of classes or sessions (e.g. 2 x open gym sessions and 2 x fitness classes).