

Come and join *Activ8* –  
Street's newest fitness suite!

# Activ8

STRODE COLLEGE

- Cardio-vascular equipment
- Resistance machines
- Smith's machine
- Free weights
- Fully IFI\* compliant
- Fully qualified instructors
- State-of-the-art sound system with personal plug-in connectors
- Plasma screens
- Limited membership numbers



Located at the Sports Centre at Strode College, *Activ8* is conveniently located to Street town centre with free parking.

Fully trained fitness staff are on hand to help with any fitness questions, including fitness programmes, exercise variations and injury preventative measures.

*Activ8* is also fully IFI compliant, with equipment fully accessible to people with disabilities and a qualified member of staff who can advise on use of equipment and individual fitness plans.

Membership is limited and *Activ8* members enjoy exclusive use of the fitness suite in times dedicated as Members Only.



**\*Inclusive Fitness Initiative - *Activ8* fitness suite is accessible for people with disabilities.**

- Highly visual lever systems for people with visual impairments
- Moveable seating for people with mobility problems
- Wider space around equipment
- Ergometer – (upper body exerciser / hand cycle)
- Disabled parking
- Disabled changing facilities



## Membership

£18 per month (+ £10 joining fee)

Payment by direct debit – first payment £28, £18 per month thereafter

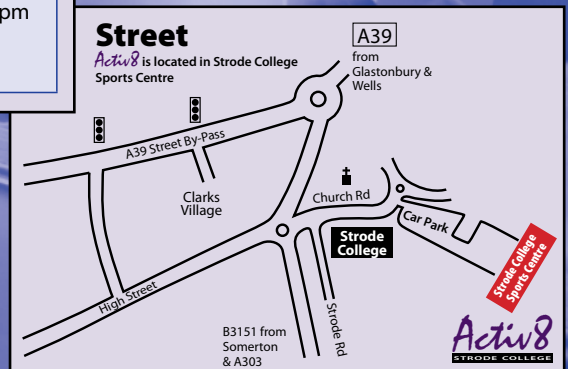
**NB: Joining fee includes induction, health assessment and ID card**

### OPENING HOURS

Term time		Non-term time	
Mon	5pm - 9pm	Mon - Fri	9am - 9pm
Tues	CLOSED	Sat	9am - 5pm
Wed - Fri	5pm - 9pm		
Sat	9am - 5pm		

### Street

*Activ8* is located in Strode College Sports Centre



Information correct at March 2010