

## Exercise Classes

Day	Activity/Class	Time & Place	Gym Member	Non - Member
Monday	Fitness Suite	7.00am - 10.00pm	n/a	See Prices
	Pilates Yoga	6.15pm - 7.15pm 7.30 - 8.30pm	FREE FREE	£5.00 £4.50
Tuesday	Fitness Suite	7.00am - 10.00pm	n/a	See Prices
	Circuit Training	6.30 - 7.30pm	FREE	£4.50
Wednesday	Fitness Suite	7.00am - 10.00pm	n/a	See Prices
	ZUMBA! ZUMBA!	6.30pm - 7.30pm 7.45-8.45pm	£3.00 £3.00	£4.00 £4.00
Thursday	Fitness Suite	7.00am - 10.00pm	n/a	See Prices
	Pilates Pilates	10.00am - 11.00am 6.15pm - 7.15pm	FREE FREE	£5.00 £5.00
Friday	Fitness Suite	7.00am - 10.00pm	n/a	See Prices
	Hip Hop Classes	5.00pm-7.00pm	£4.00	£4.00
Saturday	Fitness Suite	9.00am - 10.00pm	n/a	See Prices
Sunday	Fitness Suite	9.00am - 6.00pm	n/a	See Prices



fitness at the venue

# get moving at roots fitness...



## GYM MEMBERSHIP FOR ALL AGES AND FITNESS LEVELS



Welcome to Roots Fitness!  
Set in the heart of The New Saints football ground known as The Venue. With its excellent facilities, we believe we can offer you a truly energizing experience. The chance to let off steam at the end of your day and improve or maintain your current fitness level. The gym boasts full air conditioning, cutting edge gym equipment from life fitness. Exercise programs are provided free to all our members, custom constructed to meet your personal health and fitness needs.

These are updated regularly to help you continue to meet those goals. The gym, with its fully qualified team of staff, means you are taking the first steps to a healthier and fitter new you! We also offer fitness classes free of charge for all our members, the Pilates, Yoga & Circuit Training classes, offer a change of workout from the gym and offer the chance to meet and get to know other members. These are held in our fully air conditioned studio. And what better way to relax after your workout than to retire to the Jacuzzi and Sauna situated in the spa complex next to the gym. If you want a warm and friendly atmosphere from your gym, with like minded friendly faces, Roots Fitness is the place for you.

## FACILITIES INCLUDE

- Fully Air conditioned
- Resistance Machines
- Cardio machines
- Free Weights Area
- Free Exercise Programs
- Free Pilates Classes
- Free Yoga Classes
- Free Circuit Training Classes
- Free Health Checks
- Free Dietary Advice
- Personal T.V Screens
- Sauna & Jacuzzi
- Beauty Salon
- Fully Qualified Staff
- Zumba & Body Attack

## flexible packages to suit your needs...

### Pay Up-Front Options

- 3 Months Gold Membership £70
- 6 Months Gold Membership £120
- 12 Month Gold Membership £215

Free inductions on all the above!

Please note there is a £10 joining fee for the 3 and 6 month options and a £5 joining fee for the 12 month option

### Terms and Conditions Apply

## regular membership deals & offers...

### MONTHLY DIRECT DEBIT OPTIONS

#### Gold Membership

Full Peak Access 7 days per week  
£35 per month

10% off Oaks Eatery & Bar

6 Month Contract  
£25.00 Joining Fee



#### Silver Membership

Full Peak Access 7 days per week  
£32 per month  
6 Month Contract  
£25 Joining Fee

#### Bronze Membership

Off-Peak Access:  
£23 per month  
Monday to Friday 9am-4pm  
6 Month Contract  
£25 Joining Fee

#### NUS/Student Membership

Full Peak Access 7days per week  
£15 per month  
6 Month Contract  
£25 Joining Fee (please present valid student Card)



### Opening Hours

- Monday 7am - 10pm
  - Tuesday 7am - 10pm
  - Wednesday 7am - 10pm
  - Thursday 7am - 10pm
  - Friday 7am - 10pm
  - Saturday 9am - 10pm
  - Sunday 9am - 6pm
- Last entry is 1 hour before closing

### Contact us

Call 01691 684840 for more details or to book your Induction.

The Venue  
Burma Road  
Park hall  
Oswestry  
Shropshire  
SY114AS



### Contact Us

Find out the latest offers and evens on our website. Enter the address below and select "Exercise" [www.gotothevenue.com](http://www.gotothevenue.com)

Or email us direct with your enquiries  
[Naomi@gotothevenue.com](mailto:Naomi@gotothevenue.com)

