

Fitness Suite

Our Fitness Suite is open in-line with current Covid-19 guidelines and Roadmap restrictions.

PLEASE REMEMBER...

- Do not attend if you or anyone in your household has coronavirus symptoms
- Limit contact with other people
- Wash & sanitise your hands regularly
- Wear a face covering
- Practice social distancing

HANDS, FACE, SPACE, FRESH AIR

All sessions must be booked and paid for in advance. Please contact reception to make a booking.

PRICES...

(Adult/Junior)
Induction £6.80/£5.10
Session £4.15/£3.15
Saver Card £22.75/£17



We are now taking contactless card payments

This programme is effective 12th April to 16th May 2021

Available to all
Inducted Individuals & Households

Sessions are available;
(50 minute slots)

Monday to Thursday

Morning between 9am – 1pm
Evening from 3.30pm – 9pm

Friday

Morning 9am – 1pm
Evening 3.30pm – 8.30pm

Saturday 7.30am – 3.30pm

Sunday 8.30am – 1.00pm



**Ibstock Leisure Complex
Ibstock Community College
Central Avenue
Ibstock
LE67 6NE**

**Telephone 01530 265836
Email leisure@ibstockcollege.co.uk
Visit www.nwleics.gov.uk/ibstockcc
Facebook Ibstock Leisure Complex**

Fitness Suite – User Guide

We are pleased to be able to re-open our Fitness Suite in-line with recommended Covid-19 guidelines.

PLEASE REMEMBER...

- **Book before you arrive - Bookings are taken up to 7 days in advance.**
- **Your details will be taken for the NHS Test and Trace procedure.**
- **Payments must be made at the time of booking. We can now take contactless card payments and payments over the phone.**
- **Sessions are for 50 mins.**
- **You can train alone or with others from your household. All users must have had an Induction with us.**
- **Arrive ready changed for your activity. Changing Rooms and showers are not currently in operation.**
- **Not to arrive more than 5 minutes before the start of your session. You will need to wait outside until a member of staff gives you access to the Fitness Suite.**
- **Follow the instruction given by our staff and follow any one-way routes in the facilities.**
- **Wash your hands at home and sanitise them on arrival. Sanitising stations are provided, although you are welcome to bring your own.**
- **Bring your own drink. Our water fountains are not in use.**
- **Only bring what you need. Leave bags, coats, valuables etc. in your car or at home.**
- **Cleaning equipment is supplied – Please clean and sanitise the equipment before and after you have used it.**

Please keep yourself and our staff safe.

Enjoy your workout and visit, we look forward to seeing you again soon.