

GETTING STARTED

Would you like to try before joining, no problem, just contact the centre and arrange a time for a free introductory session. One of our instructors will show you round, let you try the equipment and after listening to what you want to achieve, advise you as to what options are available.

If you're a regular gym user you can opt for a fast track introduction that covers basic equipment operation and lets you get on and train straight away.

If you have not exercised for a while or never used a gym before we can provide one to one support to get you started and slowly build up your programme as your health and fitness improves.

Step 1

This is your first meeting with your instructor. They will listen to what you want to achieve, design your individual programme around this, carry out a mini health check and show you how to use just the equipment required for your programme.

Step 2

By now you will have already noticed a difference in how fit you feel and you will be ready to move on and try new things. We will bring in more variety to keep your programme fun and motivating, show you how to use more equipment and it will give you the chance to ask any questions you may have at this stage. The instructor will again carry out a mini health check so you can see for yourself how you've improved your fitness.

Step 3

By this stage you will have grown in confidence, fitness knowledge and really be seeing a difference in your fitness, the instructor will be looking to show you alternative exercises so that you have a range of programmes to use.

Whatever your fitness level or experience we recommend that you change your programme regularly. Our instructors are always available to review your programme and help you adapt it to suit your needs.

MEMBERSHIP

If you are intending to exercise with us more than twice a week you may be better off on one of our membership packages. For more details of our payment options please speak to an instructor or pick up our Sure Card leaflet.

OPENING TIMES

Monday to Thursday	7.00am - 10.00pm
Friday	7.00am - 9.00pm
Saturday	9:00am - 6:00pm
Sunday	9:00am - 9:00pm

AGE RESTRICTIONS

To use the Tone Zone you must be 16 and have had an induction with one of our instructors. Children over 14 can use the Tone Zone when accompanied by an adult.

JUNIOR GYM

A fun Tone Zone session for juniors aged from 14 and 15 years old, each session is supervised by a member of the Tone Zone fitness team. Session times are Monday - Friday 4.00pm - 5.00pm. Saturday 11.30 - 12.30pm.

CUSTOMER FEEDBACK

Please tell us what you think of our facilities, staff and quality of service so that we can continue to improve our service to you. You can pass on your comments to us by informing a member of staff or completing a Customer Comments Card at reception.

East Riding of Yorkshire Council will, on request, provide this document in Braille or large print.

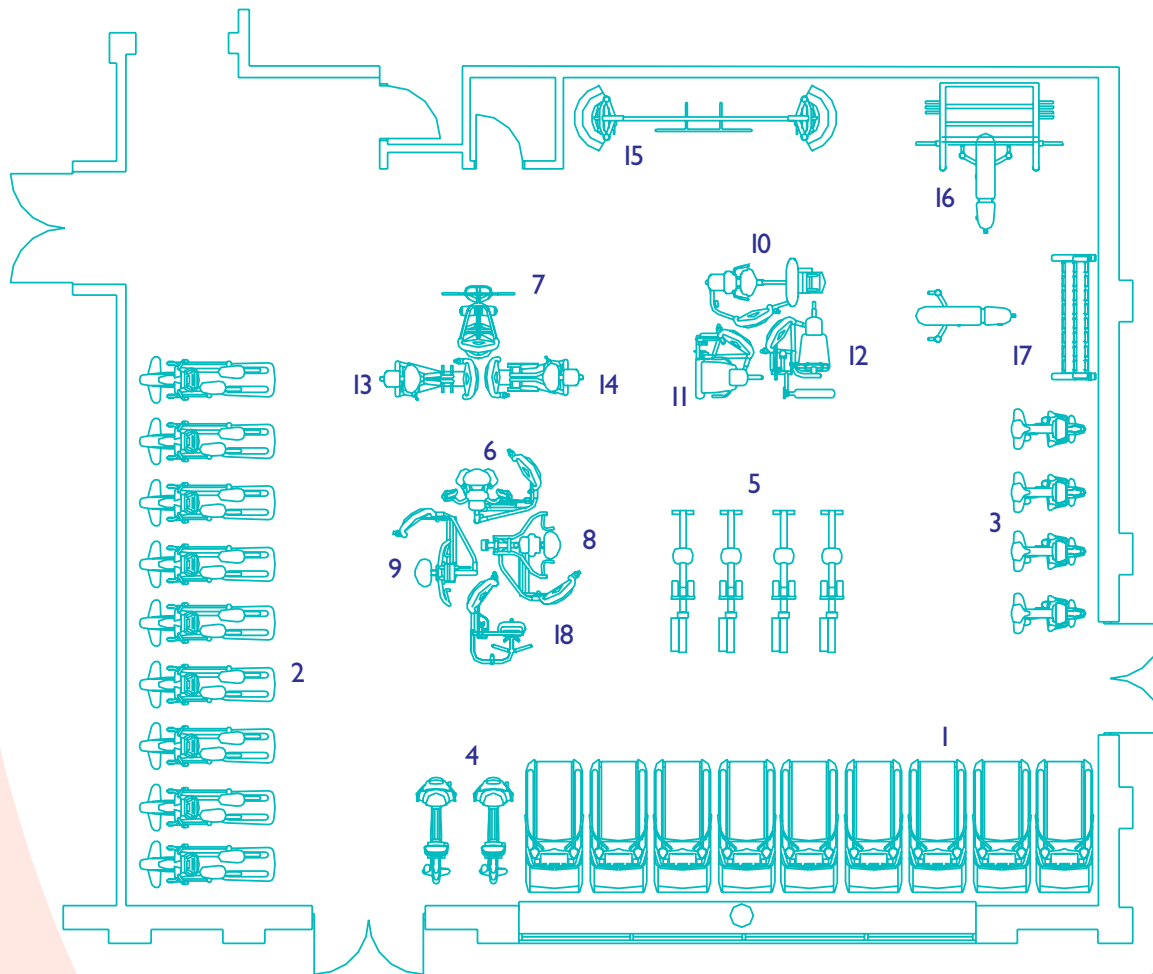
If English is not your first language and you would like a translation of this document, please telephone 01482 393939.

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www.hornsealeisurecentre.co.uk

Tone Zone Fitness Suite





EQUIPMENT KEY

- | | | |
|-------------------------|-------------------|-------------------------|
| 1. Treadmills | 7. Lat Pulldown | 13. Abductor |
| 2. Elliptical Trainers | 8. Shoulder Press | 14. Adductor |
| 3. Upright Cycles | 9. Chest Press | 15. Cable Crossover |
| 4. Recumbent Cycle | 10. Leg Press | 16. Smiths Machine |
| 5. Rowing Machines | 11. Leg Extension | 17. Dumbbells & Benches |
| 6. Rear Deltoid Pec Fly | 12. Leg Curl | 18. Abdominal Machine |



INTRODUCTION

Welcome to the new Tone Zone Fitness Centre, our aim is to offer you not only the best range of fitness equipment available but also a friendly environment to train in and helpful staff who will listen to you and help you achieve your goals.

Our team of experienced, qualified instructors can provide advice and support in a range of areas from exercise to relaxation, healthy eating to posture and rehabilitation.

BENEFITS OF REGULAR EXERCISE

Once you start to become more active you'll soon feel the benefits and you'll be surprised just how much you are enjoying yourself. Exercise can help you: -

- Protect yourself against heart disease
- Feel good in mind and body
- Lose weight
- Strengthen muscles and joints
- Feel more energetic
- Cope better with stress
- Make new friends

Age and illness are no barrier to keeping active, many of our customers are over 60 and started with us after being referred by their doctor. Our instructors are experienced in developing programmes for a wide range of medical conditions.

