

Seascale Community Fitness Centre

*A wide range of cardio and resistance machines,
FREE fitness assessment,
Fully qualified instructors,
FREE parking,
Convenient daily, monthly or yearly payments.*

Opening Times:

Monday - Thursday: 8.00am - 8.00pm

Friday: 8.00am - 5.00pm

Saturday: 8.00am – 1.00pm

Sunday: Closed

Sponsored and Financed By



Conditions of use:

- All users must undertake an induction session,
- Minimum age is 14 years,
- Before undertaking any new programme of fitness or if you have an existing medical condition of any kind, you are strongly advised to seek medical advice to ensure this method of exercise is suitable for you,
- SCFC is unable to accept any responsibility for injury caused by the negligence or misuse of the equipment by the user,
- Where a standing order is in operation, membership runs concurrently and remains valid until cancelled. Refunds will only be made at the discretion of the management.
 - SCFC shall have control of (1) the number of users using the facility at any one time (2), on availability of facilities e.g when officially opened and, as appropriate, when fit for use. All users must agree to observe the rules and regulations of SCFC.
- SCFC prices are subject to change.

What is SASRA?:

SASRA exists to provide social, sporting and recreational facilities and opportunities for its members. The membership currently has over 7000 members from the West Cumbria local community.

Benefits of membership:

- Sporting and recreational sections (please refer to our website),
- 1000 Club - Monthly lottery draw for which there are annual cash prizes of £80,850 and the chance to win £10,000 quarterly. Tickets are £4.50 per month.
- Discounts - From local companies which range from health and beauty, household and entertainment.
- LICENSED SOCIAL CLUBS – The Falcon Club, Egremont and Windscale Club, Seascale both of which have large function rooms available to members for christenings, weddings etc. Both clubs run a successful loyalty scheme.
- SWIMMING – sessions are held on Friday evenings between 8.00 pm and 9.00 pm at the Hensingham Swimming Pool. The main emphasis is on family swimming. This is FREE for SASRA members.

Further details can be found at Sasra.co.uk

Membership Options:

Below are details about the various memberships we offer. Please note that these prices do not include SASRA membership which is an additional £24.00 per annum (£2.00 per month) for a single member and £36.00 per annum (£3.00 per month) for a family membership. Junior membership is an additional £6.00 (50p per month) until the age of 17, when adult membership will be paid.

Membership type:	Monthly standing order:	Daily:
Adult (18 - 59)	£24.00 (+ SASRA Membership)	£5.00 (+ SASRA Membership)
Adult (65 plus) - available off peak between 9am and 3pm.	£13.00 (+ SASRA Membership)	£4.00 (+ SASRA Membership)
Junior (14-17)	£13.00 (+ SASRA Membership)	£4.00 (+ SASRA Membership)
Family membership:	£36.00 (and then £12.00 for every other partner / spouse and dependents under the age of 18.). (+ SASRA Membership)	N/A

Pay monthly by convenient installments through your bank with payment on the 15th of each month through SD / SO.

Other costs:

Other items:	Fee:
Gym fob:	£5.00 (to be refunded on cancellation of membership)
Replacement of lost fob:	£5.00
Classes	£5.00

Seascale Community Fitness Centre:

Our staff are committed to achieving your individual training needs, targets and objectives. We ensure staff deliver professional, expert tuition at all times in a safe and friendly environment.

Introduction to fitness:

Your induction course will give you an introduction into the safe use of each piece of equipment and familiarise you with the parts of the body it is designed to exercise.

Fully trained fitness advisers are always available on subsequent visits to assist if required. If you have any questions about the use of the equipment please do not hesitate to ask.

Timetable of sessions:

DAY:	SESSIONS:
MONDAY	<p>10.30am - 11.30am: GP Referral Class (Beginners), 2.00pm - 3.00pm: Fitness Class (Intermediate), 5.30pm - 6.30pm: BodyBurn (Intermediate to advanced).</p>
TUESDAY	<p>5.00pm - 5.45pm: Kettle Bells and Cardio 6.30pm - 7.30pm: Fitness Workout (14 - 59) & Fitness Workout (intermediate and advanced) (60 plus)</p>
WEDNESDAY	<p>10.30am - 11.30am: GP Referral Class - £4.00 2.00pm - 3.00pm: General Fitness 4.30pm - 5.00pm: Pilates with Margaret (Beginners) 5.30pm - 6.15pm: Pilates with Margaret (all abilities)</p>
THURSDAY	<p>9.30am - 10.30am: General Fitness (intermediate and advanced) 5.30pm - 6.30pm: Kettle Bells and Boxercise (intermediate and advanced)</p>
FRIDAY	<p>10.30am - 11.30am: General Fitness 4.00pm - 5.00pm: General Fitness</p>
	(intermediate and advanced)
SATURDAY:	<p>10.00am - 11.00am: Max it out (intermediate and advanced).</p>