



# ALTENS CENTRE FITNESS SUITE

**JANUARY 2012 – JUNE 2012**

GALLOWGATE CENTRE			
	Activity	Time	Location
Monday	Supervised Training*	7.15am - 8.15am	Fitness Suite
	Supervised Training*	9.00am - 2.00pm	Fitness Suite
Tuesday	Supervised Training*	4.45pm - 5.45pm	Fitness Suite
Wednesday	Supervised Training*	3.00pm - 5.00pm	Fitness Suite
Thursday	Supervised Training*	4.45pm - 5.45pm	Fitness Suite
Friday	No Activities		

**ADMITTANCE FREE** to the fitness suite with supervised training - \*instructor on hand to offer training advice!

Altens Centre Fitness Facilities include:

- Fully equipped gym – cv, resistance & free-weight area
- TV monitors
- Shower/changing facilities

Important note: all new fitness suite users must undertake a gym induction. This can be arranged by e-mail: [fitness.suite@abcol.ac.uk](mailto:fitness.suite@abcol.ac.uk)

## PLEASE NOTE :

1. The classes at the time stated cannot be guaranteed and we reserve the right to change and cancel sessions at short notice due to staff availability or timetabling priorities.
2. During College holidays - October, Easter & Summer opening hours will be adjusted. The Fitness facilities are closed over Christmas.

