

Induction Courses

In order to use either of our fitness suites, you must attend/have previously attended an Induction Course at a Ceredigion Actif gym.

**Induction Courses cost £15.50* and are held on
Wednesday at 8pm
Friday at 9am**

PLEASE NOTE:

- You must book a space in advance.
- Payment is required on booking.
- Please ensure that you wear appropriate clothing, i.e. trainers and comfortable clothing.
- Please bring 2 passport-sized photographs of yourself with you on the evening of your induction. These are required for your gym card.

***Inductions are included in our Membership Packages which start at just £19.95 per month.**

Classes in the Fitness Suites

Monday

10.00am-11.00am Low impact Gym class

Tuesday

7.15am-8.00am Early Morning Strength & Conditioning Class
10.00am-11.00am Low impact Gym class
7.00pm-7.45pm Ladies Only Strength & Conditioning Class

Thursday

7.15am-8.00am Early Morning Strength & Conditioning Class
7.30pm-8.15pm Ladies Only Strength & Conditioning Class

Prices

| | |
|-------------------------------|---------|
| Adult | £5.50 |
| Children 14-16 years | £2.80 |
| Disabled/Student/ | £2.80 |
| Concession Card (12 sessions) | £55.00 |
| 1 Month Unlimited Pass | £52.00 |
| 3 Month Unlimited Pass | £130.00 |

CEREDIGION
ACTIF



Fitness Suites

Opening Hours



Canolfan Hamdden Plascrug Leisure Centre,
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