



# Energise

**A One-month Off Peak Membership for the Cardio or Strength Gym.  
Used at set times, we offer Energise at an affordable price.  
Choose from Body Sense Strength or Body Sense Cardio  
Or Energise Active gives you the use of both Strength and Cardio**

**Monday to Friday 6.30am-9am, 12pm-4pm and 8pm-10pm  
Saturday and Sunday 8am-6.30pm**

For the **Strength** gym, all customers are required to undertake an induction in order to receive full instruction on correct technique and the safe use of equipment.  
For the **Cardio** gym, an induction may not be necessary if you have used similar equipment before.

**This one-month membership is suitable for everyone.  
Minimum age is 16+ years and is ideal for Students and 50+ years**