

booking information

booking@lifestyles

- Direct Debit and Annual members may book up to 14 days in advance for the activities included in their membership. Centre members may book up to 8 days in advance. All members can book in person, over the telephone or on the website (www.lifestylesatmidbeds.co.uk). Non members may book up to 7 days in advance and full payment must be made at the time of booking.
- We require 24 hours notice of cancellation of squash and badminton courts, otherwise there will be a charge. This also applies to all Lifestyles inductions.
- Classes must be cancelled at least two hours in advance, otherwise there will be a charge. The charge applies to all members (including Direct Debit and Annual members).
- Day admission must be paid by all non-members taking part in centre activities. This also includes all courts, team games and any club sessions.
- Child to Adult ratio policy's apply, ask at Reception for details.



Keep an exercise kit handy, this might mean leaving clothes in your car.

If your exercise clothes are handy you can exercise whenever you get the urge.

lifestyles@midbeds...

Flitwick Leisure Centre



Flitwick Leisure Centre

Steppingley Road, Flitwick, Bedfordshire MK45 1TH

01462 611575

E: enquiries.flitwick@stevensage-leisure.co.uk

www.lifestylesatmidbeds.co.uk

...enjoy your health!



FLITWICK TOWN COUNCIL

design: out of the bleu 01767 319028

price list
april 2009



great choice, great value...

lifestyles @ flitwick
enjoy your health

Activity	Price	Activity	Price
	Member		Member
	Concession		Concession
day admission@lifestyles		children@lifestyles (pre-bookable crèche)	
Adult	£1.20	1 hour	£2.10
Junior (4-16)	£0.60	1.5 hours	£3.15
Senior Citizen (60+)	£0.60	Pre-paid 1 hour (10 spaces)	£21.00
		Pre-paid 1.5 hours (10 spaces)	£31.50
centre membership@lifestyles		sports hall@lifestyles	
Family	£41.50	Badminton (40 mins)	£6.25
Adult	£20.75	Team Games - whole hall - 40 mins	£25.00
Junior/Student/Senior Citizen	£6.75	Active Life Club (50+)	£3.50
Concession	n/a	Ladies Morning	£3.50
			£1.75
gym@lifestyles		squash@lifestyles	
4 Step Introduction Course	£50.00	40 minutes	£5.55
Adult session	£6.50		£2.80*
Senior Citizen/Student session	£3.25	table tennis@lifestyles	
Junior session (see reception for details)	£3.25	45 minutes	£3.10
Programme Review	£6.50	Racquet Hire	£2.00
		Deposit (refundable)	£5.00
workout@lifestyles		hard play area@lifestyles	
45 mins class	£3.45	Tennis (55 mins)	£7.30
1 hour class	£4.60	Football (55 mins)	£25.00
1.5 hour class	£6.90	Netball (1.25 hours)	£18.00
Antenatal	£3.45		£9.00
		sunbed@lifestyles	
swimming@lifestyles		Per session	£5.75
Adult	£2.50		
Junior/Student/Senior Citizen	£1.25		
Swimcard Adult (10 swims)	£22.00		
Swimcard Junior (10 swims)	£11.00		
Junior per lesson (30 mins)	£4.60		
Adult per lesson (30 mins)	£5.40		
Swimming Lessons waiting list deposit (lessons are pre-paid for a 10 week block)	£10.00		

There's lots on offer at Filtwick Leisure Centre, to find out more visit:
www.lifestylesatmidbeds.co.uk

members prices

direct debit membership@lifestyles*

Lifestyles Xtra	£46.00 per month	children's activities@lifestyles	Member	Concession
Lifestyles Xtra Daytime	£31.00 per month	Children's Swimming (30 mins)	£4.60	
Lifestyles Gym	£36.00 per month	Swimming Lesson waiting list deposit (lessons are pre-paid for a 10 week block)	£10.00	
Gym DD Activation Fee	£25.00	Gymnastics, Trampoline and Football courses per session (pre-paid termly)	£4.10	
Lifestyles Workout	£36.00 per month	Filtwick Fayes Parties (including tea)	£8.50 per head	
Workout DD Activation Fee	£20.00	Run Riot Playscheme (per day)	£14.75	£7.38
Lifestyles Swim	£21.00 per month			
Swimming DD Activation Fee	£15.00			

*Annual memberships are also available – No Activation Fee & One month Free.

*Couples members receive a 5% discount off the standard DD membership fees, when purchasing two identical subscriptions.

*4 Step Introduction Course is mandatory for all Gym users. This will also apply if the gym has not been attended for a period of 6 months or more.

Please note: Student and low income concessionary prices apply to centre members only. *All those playing must be entitled to concessionary rates.

facilities@lifestyles

Pool, Function Room and Social Area for hire (see reception for details)