

booking information

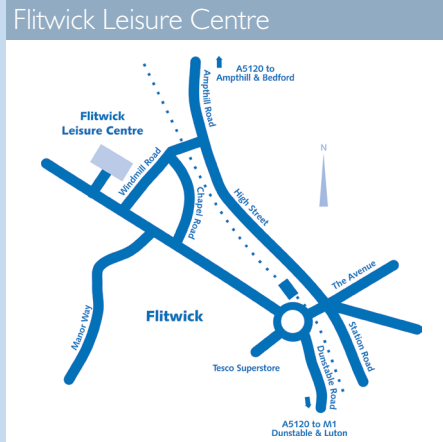
booking@lifestyles

- 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.



Flitwick Leisure Centre
Steppingley Road, Flitwick, Beds MK45 1TH

0300 300 8045

E. enquiries.flitwick@stevenage-leisure.co.uk

... be healthy

Working in partnership

www.lifestylesatcentralbedfordshire.co.uk



flitwick
pricelist
april 2012



lifestyles @ centralbedfordshire

...be healthy



0300 300 8045

Flitwick Leisure Centre
Steppingley Road, Flitwick, Beds MK45 1TH

A facility of

Central Bedfordshire

managed by
Stevenage Leisure Limited

price list april 2012

Activity

Price	Activity		
	Non-Member	Member	Concessionary Member

centre membership@lifestyles

Family	£46.00		
Adult (16+ years)	£23.00		
Junior/Student/Senior Citizen	£7.50		
Concession (renewable every 3 months)	N/A		

gym@lifestyles

4 Step Introduction Course - Mandatory	£50.00	£50.00	£25.00
Adult session	£8.70	£7.40	£3.70
Senior Citizen/Student session	£4.35	£3.70	N/A
Junior session (see reception for details)	£4.35	£3.70	£1.85
Personal Training (per hour)	£35.00	£35.00	
Personal Training (pre-paid 5 sessions) ^o		£150.00	

workout@lifestyles

30 mins class	£3.90	£2.60	£1.30
45 mins class	£5.20	£3.90	£1.95
1 hour class	£6.50	£5.20	£2.60
1.5 hour class	£9.10	£7.80	£3.90
Antenatal	£5.10	£3.90	£1.95
Classes Pre Paid 1 hour (10 classes) ^o		£46.00	

swimming@lifestyles

Adult	£4.00	£2.70	£1.35
Student/Senior Citizen	£2.00	£1.35	N/A
Junior	£2.00	£1.35	£0.65
Swimcard Adult (10 swims) ^o	N/A	£26.00	£13.00
Swimcard Junior/Senior Citizen (10 swims) ^o	N/A	£13.00	£6.50

children@lifestyles (pre-bookable crèche)

Run Riot (per day) See reception for dates	£16.40	£15.75	
1 hour		£2.30	
1.5 hours		£3.45	
Pre-paid 1 hour (10 spaces) ^o		£23.00	
Pre-paid 1.5 hours (10 spaces) ^o		£34.50	

Activity

Price	Activity		
	Non-Member	Member	Concessionary Member

sports hall@lifestyles

Badminton (40 mins)		£6.90	£3.45*
Team Games - whole hall - 40 mins		£27.60	
Active Life club (50+)		£4.00	£2.00
Ladies Morning	£5.30	£4.00	£2.00

squash@lifestyles

40 minutes	£8.80	£6.20	£3.10*
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table tennis@lifestyles

45 mins hire		£3.50	£1.75*
Racquet hire		£2.00	
Deposit (refundable)		£5.00	

hard play area@lifestyles

Tennis (55 mins)		£7.80	£3.90*
Football (55 mins)		£27.00	
Netball (1.25 hours)		£21.00	£10.50

sunbed@lifestyles

Per session	£7.60	£6.30	
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Please note: Student and low income concessionary prices apply to centre members only.

* All those playing must be entitled to concessionary rates.

^o Members Only - Valid for one year from date of purchase.

memberships



We have a wide range of membership options from pay-as-you to monthly direct debit. To find out the best option for yourself or for more information on membership please call a Customer Advisor on 0300 300 8045.

Members can book online at
www.lifestylesatcentralbedfordshire.co.uk

There's lots on offer at Flitwick Leisure Centre, to find out more visit:

www.lifestylesatcentralbedfordshire.co.uk