

# Chichester runners and athletics club

**MONTHLY  
DIRECT DEBIT  
OF ONLY £30**



**WE ARE OPEN TO ALL STUDENTS,  
STAFF AND THE GENERAL PUBLIC**

Bodyworks fitness suite is fully equipped with the latest Nautilus fitness machines. Our facility consists of 46 cardiovascular and resistance machines. We have a large free weights area with dumbbells that go up to 40kg and a separate stretching and tone area.

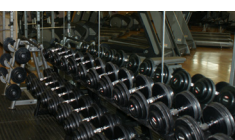
**Chichester**  
college | sports centre

# MEMBERSHIP OPTIONS

**NO  
MINIMUM  
CONTRACT**

	PAY AS YOU GO	PAY MONTHLY	MONTHLY DIRECT DEBIT	COUPLE* - MONTHLY	6 MONTHS	YEARLY	COUPLE* - YEARLY
One-off Joining Fee	£25	£25	£25	£50	£25	FREE	FREE
All Inclusive			£30	£60	£168	£240	£384
Corporate	£5	£20	£16	£32	£81	£150	£300

\*To qualify for couple deals, you must be living together.



## OPENING TIMES

### TERM TIME

Mon, Wed & Fri.....7.00am - 9.00am | 12.15pm - 2.15pm | 4.15pm - 9.45pm

Tues & Thurs.....7.00am - 9.00am | 3.15pm - 9.45pm

Sat .....9.00am - 4.45pm

Sun.....10.00am - 4.45pm

### COLLEGE HOLIDAYS

Mon - Fri.....7.00am - 9.45pm

Sat.....9.00am - 4.45pm

Sun .....10.00am - 4.45pm

Note: Bodyworks is closed on bank holidays and for the christmas period

## FREE INDUCTION & FITNESS PROGRAMME

All new members must have an induction session with one of our friendly and qualified instructors before using the fitness suite. You will receive tuition and advice on the use of equipment and be provided with a tailor-made fitness programme to help you achieve your goals.

FOR MORE DETAILS PLEASE CALL  
**(01243) 812936**