

# zest memberships

Sign up TODAY

**ALL CLASSES ARE FREE** when you are a zest freedom member



## Membership also includes...

- gym session
- general swimming
- group fitness
- racquet sports
- fitness journey
- sauna
- aquafit
- equipment hire
- 10% off personal training
- 20% off 1:1 swimming lessons
- group swimming lessons
- priority booking - 8 days

Ask at reception for further details or visit [hambleton.gov.uk/zest](http://hambleton.gov.uk/zest)

## FITNESS AT YOUR FINGERTIPS WITH OUR ZEST LEISURE APP

View **timetables** and make easy online class **bookings**



Search [zest@hambleton](mailto:zest@hambleton)



## Bookings

Bookings for members can be made eight days in advance at your preferred centre in person at Reception, over the telephone, or online via the website [hambleton.gov.uk/zest](http://hambleton.gov.uk/zest)

Log in details are available from Reception.



## Cancellation of Activities

Don't forget to cancel - there might be many reasons why you can't make a class that you have booked - that's not a problem, we just need to know so we can offer someone else the space.

All activities that are paid for in advance are subject to a cancellation policy:-

Classes: No refund within 2 hours of the activity start time

Courses: No refund after 5 days prior to the first session

Sessions can be cancelled online, in-centre and via the Zest app up to 2 hours before the class commences.

## General Information

- ▶ Classes are open to both members and pay per class customers.
- ▶ All fitness classes are included in the zest freedom membership.
- ▶ All fitness classes are open to everyone 16yrs and over.
- ▶ Booking a class is advisable due to demand.
- ▶ Mobile phones should not be used during classes.
- ▶ Please wear appropriate clothing and footwear.
- ▶ Every effort will be made to minimise alterations to the class timetable.
- ▶ Changes to the class timetable will be displayed in and around the centre.
- ▶ We review our programme regularly as part of the group fitness monitoring process - leaflets will be amended as required.
- ▶ Fitness classes will be for a maximum of 45 minutes.
- ▶ Face masks are recommended in communal areas and circulation spaces.

The centres are accessible to people with a wide range of disabilities.

## This information is available in alternative formats and languages

<b>Bedale Leisure Centre</b> (01677) 427272	<b>Northallerton Leisure Centre</b> (01609) 777070	<b>Stokesley Leisure Centre</b> (01642) 711140	<b>Thirsk &amp; Sowerby Leisure Centre</b> (01845) 522447
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[hambleton.gov.uk/zest](http://hambleton.gov.uk/zest)

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Northallerton  
Leisure Centre



# Group Fitness Timetable



**HAMBLETON**  
DISTRICT COUNCIL

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