

WORK OUT
SWIM SWIM
RUN RUN
STEAM

NO
JOINING
FEES

THE
LEISURE
CLUB

AT
THE MILNER YORK

OPENING TIMES

	Peak	Corporate	Students	Off-Peak
Monday	7:00am– 9:00pm	7:00am– 9:00pm	7:00am– 9:00pm	9:00am– 4:00pm
Tuesday	7:00am– 9:00pm	7:00am– 9:00pm	7:00am– 9:00pm	9:00am– 4:00pm
Wednesday	7:00am– 9:00pm	7:00am– 9:00pm	7:00am– 9:00pm	9:00am– 4:00pm
Thursday	7:00am– 9:00pm	7:00am– 8:00pm	7:00am– 8:00pm	9:00am– 4:00pm
Friday	7:00am– 8:00pm	7:00am– 8:00pm	7:00am– 8:00pm	9:00am– 4:00pm
Saturday	8:00am– 8:00pm	8:00am– 8:00pm	8:00am– 8:00pm	8:00am– 8:00pm
Sunday	8:00am– 6:00pm	8:00am– 6:00pm	8:00am– 6:00pm	8:00am– 6:00pm

FITNESS CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga 5:30pm— 6:30pm	Water Babies 2:00pm— 4:00pm	Aqua 10:00am— 10:30am	Legs Bums Tums 5:30pm— 6:15pm	Water Babies 3:00pm— 5:00pm	Circuit 8:30am— 9:15am
	Boxercise 5:30pm— 6:15pm	Circuit 5:30pm— 6:15pm			

DIRECT DEBIT OPTIONS

	Monthly	Annual	3 Month Membership
Peak	£47	£515	£155
Off Peak	£37	£405	£125
Corporate	£42	£460	£140
Student	£37	£405	£125
Child (5-15 years)	£22	£240	£80

WHAT'S INCLUDED?

Swimming pool
Gym
Sauna
Steam room
Jacuzzi
Fitness classes
Free gym induction
Free programme card
Free parking

FANCY SOME ME TIME?

Step into a realm of well-being at The Milner York Leisure Club, where we invite guests and members to experience a blend of fitness and relaxation.

Indulge in the soothing embrace of the sauna, steam room, and jacuzzi, or embark on a tailored fitness journey in our gym or swimming pool.

Elevate your experience with personal training options, or come here for an escape.



DIVE INTO SERENITY

Immerse yourself in our rejuvenating sauna, luxuriate in the bubbling jacuzzi, unwind in the soothing steam room, or bask in our swimming pool.

Ignite your vitality by powering through a vigorous session in our gym, glide through lengths in our pool and amplify your energy.

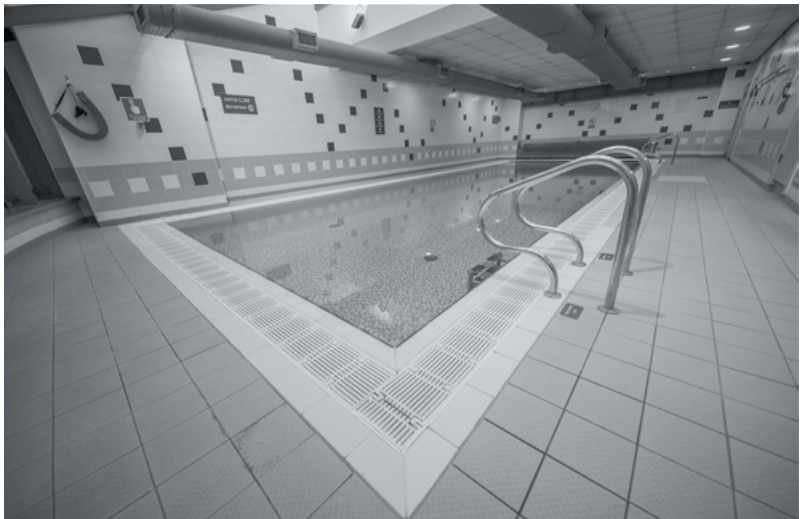
FACILITIES

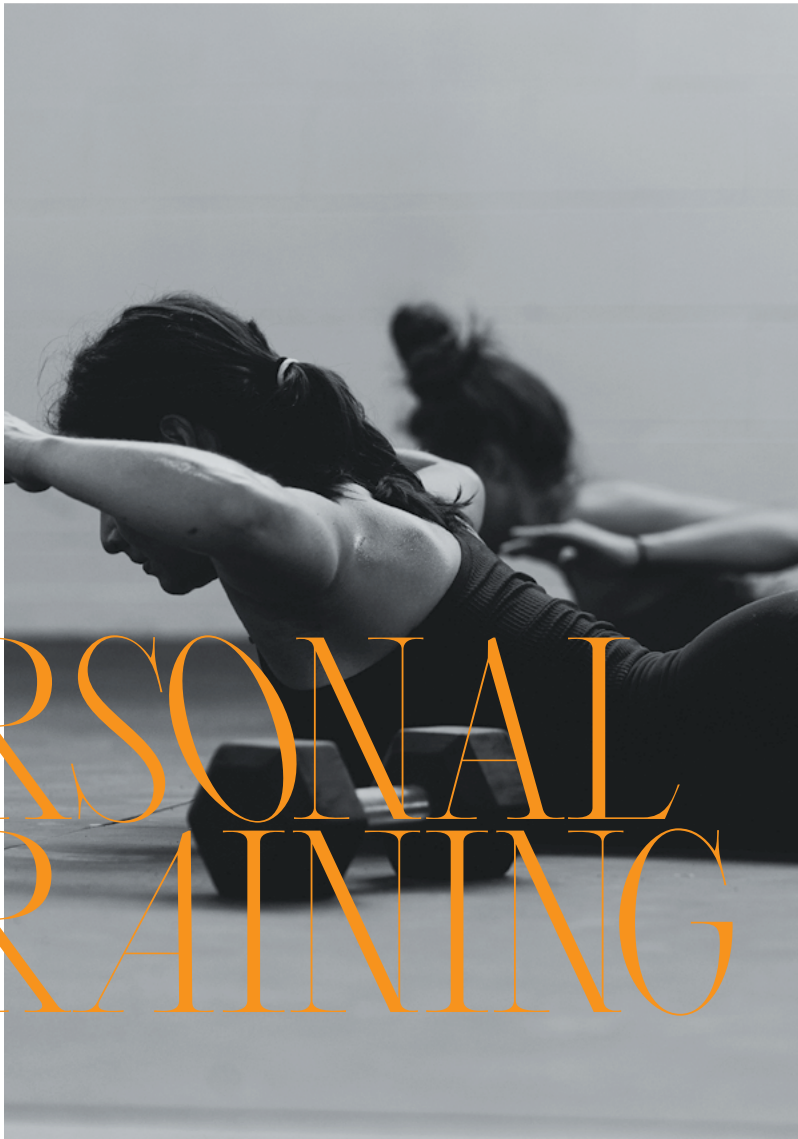
13m Swimming pool
Sauna
Steam room
Jacuzzi



DID YOU KNOW...

ALL OF OUR FACILITIES ARE FREE TO
USE FOR OUR RESIDENTIAL GUESTS!





PERSONAL TRAINING

"WORKING WITH A PERSONAL TRAINER HAS BEEN GREAT. HE IS VERY UNDERSTANDING AND KNOWS HOW AND WHEN TO ADAPT THE PLAN WHEN LIFE GETS BUSY SO YOU STILL SEE THE STEPS OF PROGRESS. I HAVE ACHIEVED MY INITIAL GOAL AND MORE! BEST DECISION I MADE."

SARAH, LEISURE CLUB MEMBER

Our expert personal trainers will work closely with you to develop a supportive relationship and provide tailored sessions to suit you. They will help you to improve your gym performance, whatever your needs or abilities.

Working with a Personal Trainer can be just what you need to hit new levels. Our expert coaches will create a specific programme to suit your body, level of fitness, training goals and experience.





THE GYM



THE MILNER YORK

All equipment is Technogym with the following equipment:

× 4 treadmills

× 2 cross trainers

× 2 bikes

× 2 upright bikes

× 1 rower

Dumbbells from 1kg to 32.5kg

Smith machine

Duel cable machine

Lat pull down

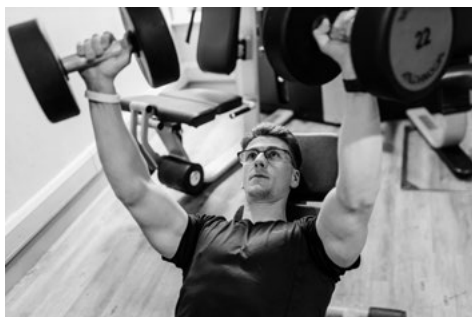
Chest and shoulder press machine

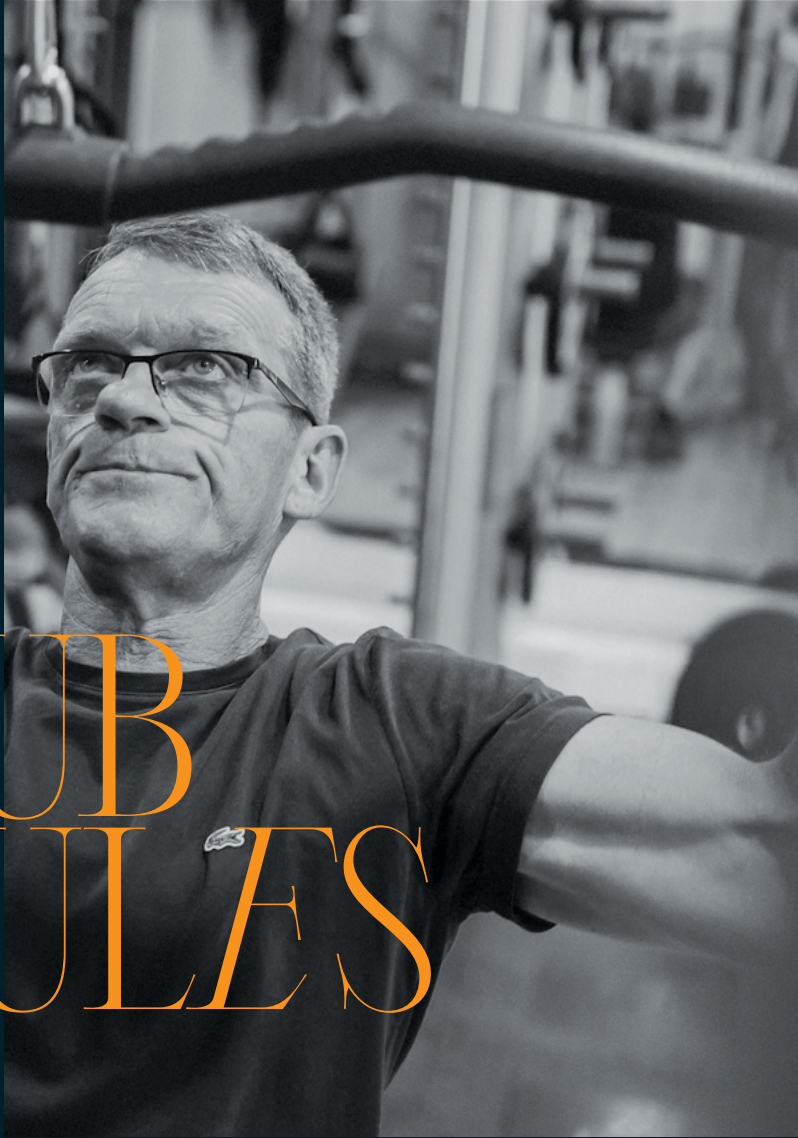
Leg extension machine

Leg curl machine

× 2 adjustable benches

Kettlebells from 8kg to 20kg





CLUB RULES

Poolside Rules

Children Under the age of 16 may not use the swimming pool without adult supervision.

For every 2 children there must be 1 adult.

Children over the age of 8 use their own changing room.

Children under the age of 16 are not allowed to use the jacuzzi, steam room or sauna.

Please shower before entering poolside.

No Food or drinks on poolside except water.

No phones on poolside.

Gym Rules

Must be 16 or over to use the gym.

All equipment must be put away correctly after use.

All equipment must be wiped down after use.

All clothing must be worn.

THE LEISURE CLUB

AT THE MILNER YORK

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Visit
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