

WORK OUT  
SWIM SW  
RUN RU  
STEAM

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 6:30pm –7:30pm	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		Pilates 6:30pm –7:30pm	

# 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.



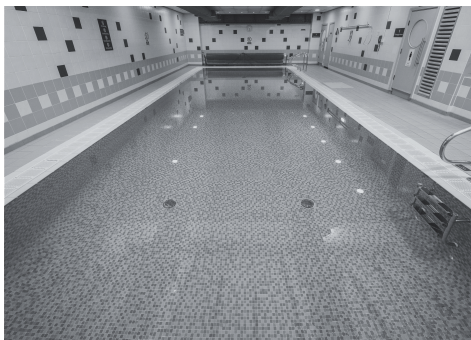
# DIVE INTO SERENITY

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.

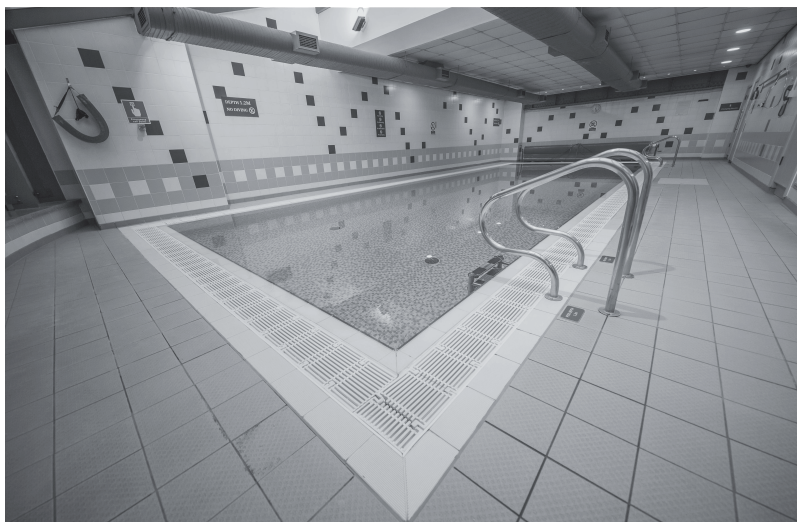
## FACILITIES

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

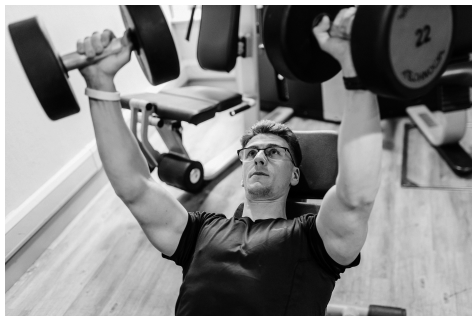
Chest and shoulder press machine

Leg extension machine

Leg curl machine

× 2 adjustable benches

Kettlebells from 8kg to 20kg





# CLUB RULES

THE MILNER YORK





# THE LEISURE CLUB

*AT*

THE MILNER YORK

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