

ACTION HEART HEALTH CLUB ASSOCIATED ACTIVITES

RUNNING CLUB

Why not join our Running Club? The club meet on Tuesday and Thursday evenings for runs of varied distances to suit all ages and abilities.



For details of Action Heart Running activities
Please Contact Joel Green (Chairman)
07972 469148

WALKING FOR HEALTH

Action Heart actively promote Walking For Health and provide led health walks on Monday and Friday mornings starting from various attractive locations in the Dudley area including Barrow Hill, Saltwells and Himley.

Please contact us
on 01384 292233
for further details.



ACTION HEART HEALTH CLUB

Please feel free to call into the
Action Heart gym in
South Block for a
registration form,
or to have a look around.

A friendly welcome awaits you!

Alternatively contact us on
01384 456111 Extension 1470.



Welcome to the Action Heart Health Club

THE HEALTH CLUB

OPENING HOURS

USAGE FEES

Action Heart offers its impressive exercise facilities to all local NHS employees and their partners.

The Centre is comprehensively equipped with exercise equipment to cater for clients of all fitness levels.

Membership includes a one-to-one induction with a personalised programme or, if you prefer, just a welcome introductory session. The friendly staff are always on hand to help you to achieve your health & fitness goals.

Action Heart is a charity dedicated to cardiovascular rehabilitation and your membership helps us to fund our work & change people's lives for the better.

MON	8.30am - 7.15pm
TUES	8.30am - 7.15pm
WED	8.30am - 7.15pm
THUR	8.30am - 7.15pm
FRI	8.30am - 7.15pm
Sat	9 am - 1pm

**Now open at 6 a.m.
for Hospital Staff**



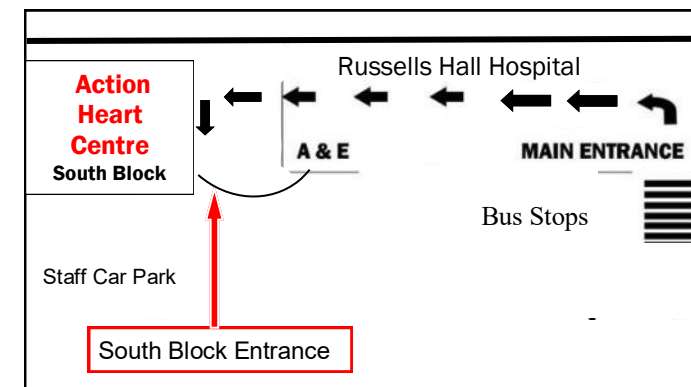
A £20 Registration Fee

Payment Options Staff

£15 Per Month Standing Order Unlimited Access
or
Token payment 4 @ £8 (£2 per session)

General Users

£26 a Month Standing Order - unlimited Access
or
Token payment 4 @ £16 (£4 per session)



Location