

ACTION HEART HEALTH CLUB ASSOCIATED ACTIVITIES

RUNNING CLUB

Why not join our Running Club? The club meet on Tuesday and Thursday evenings at Russells Hall Hospital Outdoor Gym at 6.15pm for runs of varied distances to suit all ages and abilities.



Please Contact Joel Green (Chairman)
07972 469148
for further information



ACTION HEART HEALTH CLUB

2023

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

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.

OPENING HOURS

MON	8:30am - 19:15pm
TUES	8:30am - 19:15pm
WED	8:30am - 19:15pm
THUR	8:30am - 19:15pm
FRI	8:30am - 19:15pm
Sat	09:00am - 10:30am

**Now open from
6 a.m. to Midnight
for Hospital Staff
* Standing Order
Memberships Only**

USAGE FEES

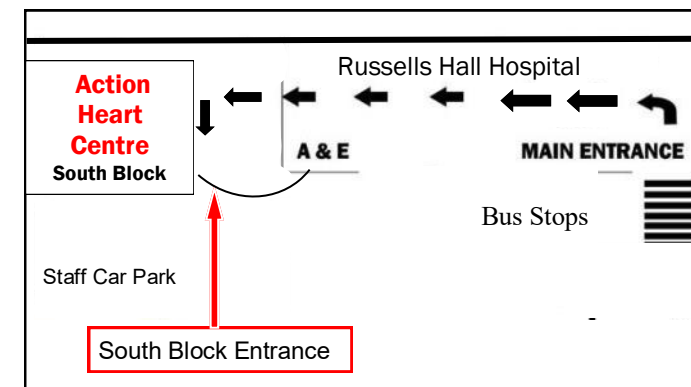
A £20 Registration Fee

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