

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 - 8.00pm		
TUES	8:30am - 11:30am	Closed	1.00pm - 8.00pm
WED	8.30am - 8.00pm		
THUR	8.30am - 8.00pm		
FRI	8.30am - 7.00pm		
SAT	9am - 1pm		

* Out of Hours Access for RHH staff:

Unsupervised access for staff paying by standing order, with no contra-indicative medical conditions, is now available on weekdays between 06:00 in the morning and 21:00 at night (sorry, no access Tuesday 11.30am-1pm) Please contact the centre for further details.

Queue skipping for RHH staff:

At busy times, RHH staff paying by standing order can now avoid queuing by using the signing in/out sheet.

FEES

A £20 Registration Fee

Payment Options Staff

£15 per month standing order - unlimited access
or
Token payment 4 @ £8 (£2 per session)

Non-Staff

£22 per month standing order - unlimited access
or
Token payment 4 @ £12 (£3 per session)

Non attenders will be discharged after 6 months and to re-join may incur a further administrative registration fee

Location:

The Action Heart centre is located on the ground floor in South Block.

ACTION HEART HEALTH CLUB ASSOCIATED ACTIVITES

RUNNING CLUB

Why not join our Running Club? The club meets on Tuesday and Thursday evenings in the Action Heart Centre at 6.30pm for runs of varied distances to suit all ages and abilities. Full details of Action Heart running activities can be found at www.actionheartrunning.com



Please Contact Joel Green (Chairman)
07972 469148 or Jayne Taylor
pjjmtaylor636@gmail.com for info

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 visit the
Action Heart gym in
C Block for a registration form
or to have a look around

Alternatively contact us on
01384 456111 extension 1470

A friendly welcome
awaits you!



Now open
from 6am for
staff *

All information correct as at 17/06/2014