

# Induction Course

If you are aged **14-16**, in order to use either of our fitness suites, you must attend/have previously attended an Induction Course at a Ceredigion Actif gym.

If you are **over 16** you can now sign a waiver to declare that you have sufficient knowledge and past experience to use the fitness suite facilities safely and operate the equipment in a reasonable and professional manor.

## PLEASE NOTE:

Please ensure that you wear appropriate clothing, i.e. trainers and comfortable clothing.



## Prices

Adult	£6.50
Children 14-16 years	£3.30
Disabled/Student/Unemployed	£3.30



Canolfan Hamdden Plascrug Leisure  
Centre, Plascrug, Aberystwyth, SY23 1HL

01970 624579

Plascrug-leisure@ceredigion.gov.uk

[www.ceredigionactif.org.uk](http://www.ceredigionactif.org.uk)



@PlascrugLC

CEREDIGION  
ACTIF



## Fitness Suites

### Opening Hours

April 2023



Canolfan hamdden  
**Plascrug**  
Leisure centre

## Fitness Suite

Day/Time	7-8am	8-9am	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
<b>Monday</b>	Public Use	Public Use	Closed to Public			Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use
<b>Tuesday</b>	Public Use	Public Use	Closed to Public	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use
<b>Wednesday</b>	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use
<b>Thursday</b>	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use
<b>Friday</b>	Public Use	Public Use	*Supervised Session	*Supervised Session	Closed to Public	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use
<b>Saturday</b>				Public Use	Public Use	Public Use	Public Use	Public Use	Public Use					
<b>Sunday</b>				Public Use	Public Use	Public Use	Public Use							

\*When possible

## Strength & Conditioning Fitness Area

Day/Time	7-8am	8-9am	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
<b>Monday</b>	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use
<b>Tuesday</b>	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use
<b>Wednesday</b>	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use
<b>Thursday</b>	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use
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<b>Sunday</b>				Public Use	Public Use	Public Use	Public Use							