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.



| 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







Fitness Suites

Opening Hours
April 2023



Plascrug
Leisure centre

Fitness Suite

| Day/Time | 7-8am | 8-9am | | 9-10am | 10-11a | m | 11-12pm | | 12-1pm | 1-2pm | 2-3pm | 3-4pm | 4-5pm | 5-6pm | 6-7pm | 7-8pm | 8-9pm |
|-----------|--------|--------|--|-------------|------------------|--------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Monday | Public | Public | | | Closed to Public | | | | Public |
| i-ioliday | Use | Use | | | Closed to F | ubiic | | | Use |
| Tuesday | Public | Public | | Closed to | Public | : | Public | | Public |
| ruesuay | Use | Use | | Public | Use | | Use | | Use |
| Vednorder | Public | Public | | Closed to | Public | : | Public | | Public |
| | Use | Use | | r dbiic 03c | Use | | Use | | Use |
| Thursday | Public | Public | | Dublic Hea | Public | : | Public | | Public |
| riidisday | Use | Use | | rubiic ose | Use | | Use | | Use |
| Fridag | Public | Public | | *Supervised | *Supervis | ed | Closed | | Public |
| inday | Use | Use | | Session | Sessio | n | to Public | | Use |
| Saturda | | | | Public | : | Public | | Public | Public | Public | Public | | | | | | |
| Saturday | | | | | Use | | Use | | Use | Use | Use | Use | | | | | |
| Sunday | | | | | Public | : [| Public | | Public | Public | | | | | | | |
| | | | | | Use | | Use | | Use | Use | | | | | | | |

^{*}When possible

Strength & Conditioning Fitness Area

| Day/Time | | 7-8am | 8-9am | 9-10am | 10-11am | 11-12pn | 12-1pm | 1-2pm | 2-3pm | 3-4pm | 4-5pm | 5-6pm | 6-7pm | 7-8pm | 8-9pm |
|----------|---|--------|--------|------------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Monday | F | Public | Public | Public Use | Public | Public | Public | Public | Public | Public | Public | Public | Public | Public | Public |
| Honday | | Use | Use | rubiic ose | Use | Use | Use | Use | Use | Use | Use | Use | Use | Use | Use |
| Tuesday | F | Public | Public | Public Use | Public | Public | Public | Public | Public | Public | Public | Public | Public | Public | Public |
| | | Use | Use | Public ose | Use | Use | Use | Use | Use | Use | Use | Use | Use | Use | Use |
| ₩ednesd | F | Public | Public | Public Use | Public | Public | Public | Public | Public | Public | Public | Public | Public | Public | Public |
| wednesd | | Use | Use | Public ose | Use | Use | Use | Use | Use | Use | Use | Use | Use | Use | Use |
| Thursday | F | Public | Public | Public Use | Public | Public | Public | Public | Public | Public | Public | Public | Public | Public | Public |
| | | Use | Use | rubiic ose | Use | Use | Use | Use | Use | Use | Use | Use | Use | Use | Use |
| Friday | F | Public | Public | Public Use | Public | Public | Public | Public | Public | Public | Public | Public | Public | Public | Public |
| Illuay | | Use | Use | Public ose | Use | Use | Use | Use | Use | Use | Use | Use | Use | Use | Use |
| Saturday | | | | | Public | Public | Public | Public | Public | Public | | | | | |
| Jaturuay | | | | | Use | Use | Use | Use | Use | Use | | | | | |
| Sunday | | | | | Public | Public | Public | Public | | | | | | | |
| Junuay | | | | | Use | Use | Use | Use | | | | | | | |