

## 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.

### PLEASE NOTE:

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



## Fitness Suites

### Opening Hours

April 2024

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 manner.



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

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



@PlascrugLC



Canolfan hamdden  
**Plascrug**  
Leisure centre

### Fitness Suite

Day/Time	7.15-8am	8-9am	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9.30pm
Monday	Public Use		Closed to Public			Public Use								
Tuesday	Public Use		Closed to Public	Public Use	*Supervised Session	Public Use								
Wednesday	Public Use													
Thursday	Public Use													
Friday	Public Use		*Supervised Session	*Supervised Session	Closed to Public	Public Use								
Saturday				Public Use										
Sunday				Public Use										

**\*When possible**

## Strength & Conditioning Fitness Area

Day/Time	7.15-8am	8-9am	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9.30pm
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