

WAIVER FORMS

If you are 17 or over, you can now sign a waiver form to declare that you have sufficient knowledge and experience to use the fitness suite facilities safely and operate the equipment reasonably and professionally.

GYM INDUCTIONS FOR ADULTS

If you would like a qualified member of staff to guide you through each machine, you will need to book a gym induction at reception.

JUNIOR GYM USERS

If you are 13-16 (or in Year 9), you must attend a Gym Induction Course at a Ceredigion Actif gym to gain access to the Fitness Suites.

Identification will be required to complete the gym induction, e.g. passport, provisional driving license



Every person using any of the facilities **MUST** sign in at reception on arrival

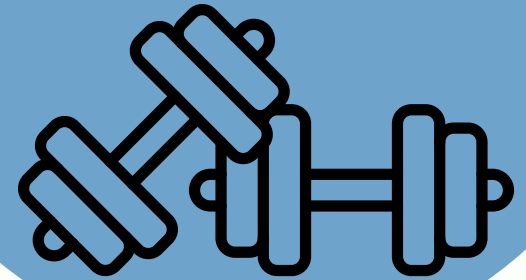
**PUBLIC USE =
OPEN TO ANYONE TO USE**

**CLOSED TO THE PUBLIC =
CLOSED DUE TO OUR GP REFERRAL
SCHEME**

**SUPERVISED SESSION =
A MEMBER OF STAFF WILL BE WALKING
AROUND THE GYM DURING THIS SESSION
(WHENEVER POSSIBLE)**

PLEASE NOTE;

**PLEASE ENSURE THAT YOU WEAR
APPROPRIATE CLOTHING E.G. TRAINERS
AND COMFORTABLE CLOTHING**



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CEREDIGION
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FITNESS SUITE OPENING HOURS

Canolfan Hamdden
Plascrug
Leisure Centre

OPENING TIMES // 6.30AM - 9.30PM

Fitness Suite

	6.30-8am	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 and Conditioning Room

	6.30am – 7.15am	7.15am – 10am	10am – 12pm	12pm-2pm	2pm – 4pm	4pm – 9.30pm	
Monday	Public Use						
Tuesday	Public Use						
Wednesday	Closed to Public (Strength & Conditioning Class)		Public Use				
Thursday	Public Use						
Friday	Closed to Public (Ladies Only Strength & Conditioning Class)		Public Use				
Saturday				Public Use			
Sunday				Public Use			