### 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.







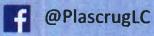
#### PLEASE NOTE:

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



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 2024



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 tise								
Wednesday	Public Use													
Thursday	Públic Use													
Friday	Pulphi	: Use	*Supervised Session	*Supervised Session	Closed to Public	Public Use								
Saturday						Public	Use					111		
Sunday					Public	Use								

<sup>\*</sup>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
Monday	Public Use													
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Sunday				4	Pulatin	Man								