

Current Classes



Medieval / Early Dancing

Wednesday Evening 7.00pm
£3.50 per session

Tim and Annie Walker from 'Wilderwood' supported by Lincolnshire Dance will teach you all the steps and moves whilst keeping you fit and having fun
Contact: 01400 273698 or
awalker@weyrd.org

New Activities Required

Facilities are available at preferential rates for anyone wanting to start up other classes or health related activities; please contact the Association for more information and details. Contact information on back page or go to the website at:

www.HolbeachStMarksCommunity.co.uk



MEMBERSHIP

Membership is currently **£10 per month**. Junior members over 13 are £4. Members join for 12 months (pay for 12 months in advance for the price of 10); 3 month membership available at £15 per month. All members pay an up-front £10 administration fee; monthly payments by Standing order.

Open 24/7 the Gym access is controlled using an electronic key fob system. Each fob is unique to the member and the system will record when they are used. The fob is activated once induction has been completed; they will be deactivated at the cessation of membership. There are security cameras in the gym which will be monitored at all times; 24 hr security and first aid assistance is always available.

All members have to sign in on the register at every visit to cover our current fire and insurance requirements

*Our Gym Instructor will be available at advertised times to do inductions and assist members with training programmes. The instructor is Jamie Forman contactable at:
Tel: 07791 493099
Email: forman.jamie@ymail.com*

Holbeach St Marks Community Association Facility Hire Charges December 2010

Conference Room	Full Day = £40	Half Day = £20
IT suite + 12 PCs	Full Day = £90	Half Day = £50
Offices from	Monthly = £100	Yearly = £1000
Space for Organised Health Related Activities from £5 per hour		

Our Sponsors and Supporters



New internet access facilities for members
Holbeach St Marks Community Association Building
Sluice Road, Holbeach St Marks PE12 8HF
(next to Bakkavor Pizza factory) Contact :
Tina Venni 01406 703000 or Alan Wrotchford 01406 701704
Email: christine.venni@bakkavor.co.uk or
Alan@SaveWithAlan.co.uk
www.HolbeachStMarksCommunity.co.uk



NOT FOR PROFIT ORGANISATION
BRINGING TOGETHER
LOCAL BUSINESS & COMMUNITY

Holbeach St Marks

COMMUNITY GYM

Sluice Road, Holbeach St Marks PE12 8HF



Range of weights cardio-vascular, metabolic circuit training and other gym equipments

OPEN 24/7

Gym Instructor Jamie Forman

Cheaper than a 'free' gym in Spalding, see website for details

Other Health related facilities available for use and hire.

Application forms on the website

Find us on Google Maps



www.HolbeachStMarksCommunity.co.uk

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Rowers

Cross Trainers

Upright Bikes

Treadmills

Multi Gym

Mats



**OPEN
24/7**



*Racks of
Dumbbells
1.25 to 13.75kg*



Adjustable & Flat Bench



Olympic & Curl Bar



**Showers &
Changing facilities**

More pictures on the web
www.HolbeachStMarksCommunity.co.uk

You Tube

Video Address

<http://youtu.be/5fodQhp--MA> or search for:
Holbeach St Marks Community Gym Nov 2010