

# CLUB RAINBOW AREA

Located within our fitness centre, the Club Rainbow area is specifically for our 55+ members. It contains a selection of cardio equipment and low-resistance machines, as well as a stretching and functional area.

Comfortable sofas, tables, chairs and complimentary newspapers, tea and coffee make our Club Rainbow area the perfect place to socialise after a workout.



# 55+ EXERCISE CLASSES

We run specific group exercise classes for our 55+ members. Designed to be a low-impact, softer approach to group exercise, these classes are perfect for people with joint/muscle issues and lower fitness levels. Our 55+ classes include Water Workout, Dance Aerobics, Pilates, Ballet Fit, and Strength & Conditioning.

Club Members: Free  
Pay & Play Members: £2.85  
Non-Members: £4.05



# CLUB ACTIVITIES

At Rainbow, we organise a number of sports activities for our 55+ members. You can enjoy social badminton, short tennis, table tennis and short mat bowls throughout the week. We also run drop-in sessions for Walking Football on Friday mornings from 9:30 – 11:30.

Club Members: Free  
Pay & Play Members: £2.85  
Non-Members: £4.05



# CLUB LEAD

Alison McDowall is our Club Lead here at Rainbow. Her role is to manage and develop the Club Rainbow programme for new and existing members. She also organises regular social events and outings for Club Rainbow members.

She is on hand if you have any questions or require any assistance in the gym.



# CLUB RAINBOW 55+ MEMBERSHIP

**SINGLE: £25.65 PER MONTH / £256.50 ANNUAL**

**JOINT: £44.75 PER MONTH / £447.50 ANNUAL**

- Off-Peak access to Fitness Centre\*
- Off-Peak access to Swimming Pool\*
- Off-Peak access to Fitness Classes\*
- Exclusive use of Club Rainbow area
- Access to Club Rainbow sports sessions
- Free Induction, Gym Programme & Re-Focus sessions

## CLUB RAINBOW CLASSES & ACTIVITIES

Monday	09:30 – 10:15	Water Workout
Monday	10:30 – 11:00	Easyline Circuit
Monday	12:30 – 13:30	Dance Aerobics
Monday	13:00 – 15:00	Club Badminton
Monday	13:30 – 15:30	Club Table Tennis
Tuesday	09:30 – 10:30	Tai Chi
Tuesday	10:30 – 11:15	Total Body Conditioning
Tuesday	10:45 – 11:15	Falls Prevention (Strength & Balance)
Tuesday	11:45 – 12:30	Water Workout
Tuesday	12:30 – 13:30	Pilates
Tuesday	10:00 – 12:00	Short Tennis/Short Mat Bowls
Wednesday	09:30 – 10:30	55+ Only Swim Session
Wednesday	10:30 – 11:00	Cycle/Row
Wednesday	11:00 – 12:00	Dance Aerobics
Wednesday	12:00 – 13:00	Dance Tap
Wednesday	12:00 – 14:00	Club Badminton
Wednesday	13:00 – 15:00	Club Table Tennis
Thursday	10:30 – 11:30	Dance Moves
Friday	09:30 – 10:30	Water Workout
Friday	09:30 – 11:30	Walking Football
Friday	10:30 – 11:15	Total Body Conditioning
Friday	10:45 – 11:15	Falls Prevention (Strength & Balance)
Friday	12:40 – 15:00	Club Table Tennis

# CLUB RAINBOW 55+ AT RAINBOW LEISURE CENTRE



**BETTER**  
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