**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.

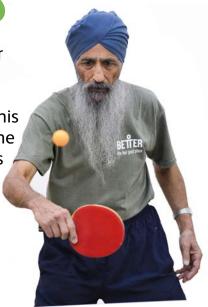


At Rainbow, we organise a number of sports activities for our 55+ members. You can enjoy social badminton, short tennis, table tennis and short mat bowls throughout the week. We also run drop-in sessions for Walking Football on Friday mornings from 9:30 – 11:30.

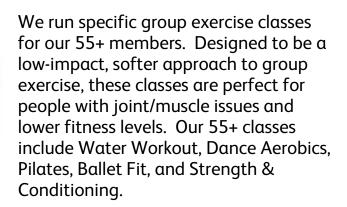
Club Members: Free

Pay & Play Members: £2.85

Non-Members: £4.05



55+ EXERCISE CLASSES



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: E44.75 PER MONTH / E447.50 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
_	12:00 - 13:00 12:00 - 14:00	55+ Only Swim Session Cycle/Row Dance Aerobics Dance Tap Club Badminton Club Table Tennis
Thursday	10:30 - 11:30	Dance Moves
Friday Friday Friday Friday Friday	09:30 - 10:30 09:30 - 11:30 10:30 - 11:15 10:45 - 11:15 12:40 - 15:00	Water Workout Walking Football Total Body Conditioning Falls Prevention (Strength & Balance) Club Table Tennis

# CLUB RAINBOW 55+ AT RAINBOW LEISURE CENTRE



