

Flexible ways to join in!



Pay-As-You-Go

From just £3 per session.



Reduced Rates

Pay just £15 for a full year of reduced-price activities as a Supporter Member.
+ 10% discount in YMCA Café



Unlimited Sessions

With Villager Membership, only £40 per month. No contract.
Concession discounts available.
+ 10% discount in YMCA Café
+ Free climbing equipment hire*
+ Discounted climbing courses

Session Prices

Sessions	Villager Member	Supporter Member	Non Member
Strength & Conditioning	Included	£9	£12
Studio Classes	Included	£6	£9
Community Classes	Included	£3	£5
Outdoor	Included	£4	£7
Climbing			
Open Climbing	Included	£9.50	£11.50
Open Climbing Off-Peak*	Included	£7.50	£9.50
Tribe: Intro to Climbing	Included	£10	£10
Tribe: Community	Included	£9.50	£11.50
Two x Two Hour Sessions			
Tribe: Learn to Climb	£30	£30	£35
Tribe: Step up to Lead	£40	£40	£50

All classes and open access subject to availability.
*Rope rental excluded in free equipment hire

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:30 9:30-10:30 Strength & Conditioning	7:30-8:30 9:30-10:30 Strength & Conditioning	6:30-7:30 7:30-8:30 9:30-10:30 Strength & Conditioning	7:30-8:30 9:30-10:30 Strength & Conditioning	6:30-7:30 7:30-8:30 9:30-10:30 Strength & Conditioning	9:30-10:30 Strength & Conditioning
10:30-11:30 Legends Strength & Conditioning	13:00-15:00 Games Club	9:30-10:30 Gentle Yoga	10:00-16:00 Open Climbing *Off-Peak	10:00-12:00 Legends Intro to Climbing	11:30-12:30 Open Climbing
10:00-12:00 Legends Intro to Climbing	17:30-18:30 Strength & Conditioning	10:00-16:00 Open Climbing Off-Peak	10:00-13:00 Over 55's Open Climbing	10:00-12:00 Legends Intro to Climbing	15:00-17:00 Tribe: Learn to Climb
10:00-13:00 Over 55's Open Climbing *Off-Peak	18:00-19:00 Tribe: Intro to Climbing	10:00-12:00 Legends Intro to Climbing	12:00-13:00 Tai Chi	10:00-13:00 Over 55's Open Climbing *Off-Peak	
10:00-16:00 Open Climbing *Off-Peak	18:30-19:30 Vinyasa Yoga	10:00-13:00 Over 55's Open Climbing *Off-Peak	17:30-18:30 Strength & Conditioning	10:00-16:00 Open Climbing *Off-Peak	
12:00-13:00 Fitness Pilates	19:00-21:00 Tribe Community	15:30-16:30 Legends Strength & Conditioning	18:00-20:00 Tribe: Learn to Climb	10:30-11:30 Legends Strength & Conditioning	
17:30-18:30 Strength & Conditioning		17:30-18:30 Strength & Conditioning		12:00-13:00 Fitness Pilates	13:00-14:00 Tribe: Intro to Climbing
		19:30-20:30 Calisthenic		12:00-13:00 Strength & Conditioning	
				17:30-18:30 STRONG	



Fancy giving it a go first?

Free taster sessions are available to new customers, simply ask at Reception or submit a request online.



Find out more online