

www.bam.co.uk

GENERATION

Healthy Balanced Generation

Oriel High School, Maidenbower Lane
Maidenbower, Crawley, West Sussex RH10 7XW

T: **01293 884968** W: www.healthybalancedgeneration.co.uk

Opening Times

Weekdays: 09:00 - 22:00

Weekends: 09:00 - 18:00

Healthy Balanced Generation

Ifield Community College, Crawley Avenue
Ifield, Crawley, West Sussex RH11 0DB

Opening Times

Weekdays: 17:00 - 22:00

Weekends: 09:00 - 14:00

T: **01293 543083** W: www.healthybalancedgeneration.co.uk

DON'T FORGET: Memberships are valid at both sites.

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**monthly
membership**
from

per month



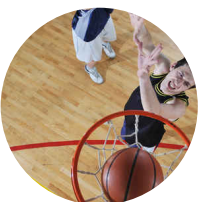
Welcome to Healthy Balanced Generation, one of the UK's leading health and fitness centres.

At our Maidenbower and Ifield Health and Fitness Centres we offer an excellent range of leisure facilities including a fully-equipped Fitness Suite, Sports Hall, Artificial Turf Pitch, Multi-Use Games Area and Gymnasium including Group Exercise Classes from Yoga, and Pilates to Boxerfit and Aerobics.

Our friendly team of experts will help you achieve the best personal health and fitness programme to suit you. For a tailored fitness programme and one to one training, Healthy Balanced Generation also offers personal training in many of its health and fitness centres.

Why not pop in and give us a visit today.

At Healthy Balanced Generation's Health and Fitness Centres we offer leisure facilities for your active life.



JOIN TODAY...

Memberships are valid at all our sites.

Membership

Our membership includes unlimited use of the Fitness Suite, Group Exercise Classes and all Racket Sports.

Membership includes 3 free personal training sessions.

Membership Prices (per month)

Direct Debit Membership	£20.00
Annual Membership	£200.00
6 Months	£110.00
3 Months	£60.00
2 Months	£45.00
1 Month	£30.00
Daily Membership	£4.50

Family Membership is valid if 2 adults join as Direct Debit members.

This entitles any related children (under 18) to:

- **Free** Racket Sports
- **10%** off selected school holiday activities
- **10%** off selected birthday parties
- 14 -16 year olds receive **Free admission** to Generation Training sessions
- 16 -18 year olds receive **Free use of** the Fitness Suite and Group Exercise Classes

The spacious, clean, bright and modern facilities available at Healthy Balanced Generation Health and Fitness Centres include:



Fitness Suite

Our Fitness Suite gives you the opportunity to improve your fitness levels and lifestyle. Our team of experienced Fitness Instructors are available to ensure you use your training time wisely and get the maximum benefit from every training session.



Artificial Turf Pitch (ATP)

The ATP is a multi-use area and is frequently used for Football and Hockey. The pitch is synthetic grass which is sand based. The area has been divided into four quarters for Five a Side play. The ATP can also be utilised for full size pitch play. The facility is fenced and complete with high level floodlighting.

Gymnasium

The Gymnasium is our smaller hall, it comprises of two fixed wall bars, a balance beam and climbing ropes. The floor is marked out for one badminton court.

Multi-Use Games Area (MUGA)

The MUGA is a hard tarmac court, which is marked for Tennis and Netball. The area combines 3 courts and is fully fenced and complete with high level floodlighting.

Function Suite

The Function Suite is suitable for private meetings, birthday parties and holistic style classes. Our Function Suite is available for booking during full opening hours.

Group Exercise Classes

If you prefer to workout in a group we have what you are looking for. We offer a variety of Group Exercise Classes ranging from Yoga and Pilates to Boxerfit and Aerobics.

Members **FREE** – Non Members £4.50
Group Exercise Timetable available.

Sports Hall

Our Sports Hall is a unique modern space measuring 500sq metres, offering a wide range of activities. Aided by its impressive Olympic bounce flooring the Sports Hall is suitable for many sporting activities including Badminton, Basketball, Five a Side Football, Hockey and Netball.

