

ST ANNE'S CORPORATE GYM MEMBERSHIP SCHEME

We all know that exercise is important in keeping us fit and healthy and that we should be exercising for around 30 minutes 4-5 times a week to help prevent heart disease. This doesn't have to be an intense work-out but could be gardening, taking the dog for a walk at a brisk pace, washing the car – whatever you enjoy doing ! Exercise should be fun and doesn't have to mean sweaty work-outs – there are loads of options available for people of all interests and abilities.



As your employer, we want to encourage you to be fit and healthy and get the most out of your lives at work and home. We are delighted to be able to offer a range of corporate gym memberships through various local authorities in the areas where our staff work and live. Below are the contact details for gyms in your area.

Leeds City Council

BodyLine Card gives access to all Local Authority leisure centres for gym, swimming and classes.

20% Corporate Discount

Available for individuals and couples

Typical monthly payment for individuals £20.94

No initial joining fee

Contact Lynne on 0113 3950190 or e-mail lynne.watson@leedsgov.uk

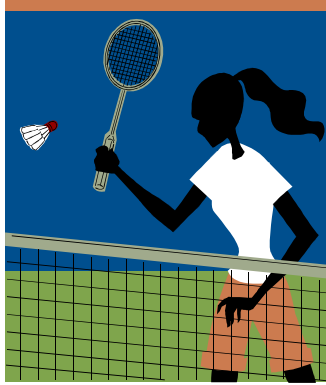
Sheffield

Super Saver Peak Membership for £22.99 per month

Access to facilities at Dom Valley Stadium, Concord Sports Centre and Ponds Forge

No joining fee

Contact memberships team on 0114 2233419



Harrogate Borough Council

Brimhams Fitness Centre – gym, swim and fitness classes
St Anne's can purchase membership (£40 per month) and divide between up to 10 staff, allowing staff access to facilities for only £4.00 per month via payroll deduction.

If you are interested, speak to Janice Turner on 07977 041866

Kirklees Active Leisure

Provides membership to Dewsbury Sports Centre, Stadium Health and Fitness Club, Batley Baths, Batley Sports and Tennis, Colne Valley Leisure Centre, Holmfirth pool, Huddersfield Sports Centre, Scissett Baths and Health & Fitness Suite, Spensborough Pool and Sports Complex, Whitcliffe Mount Sports Centre

More Corporate Membership costs between £28.75 and £32.35 per month, depending on numbers of staff interested.

Please contact Sue Chand on 0113 2816920 if you are interested.

Wakefield Aspire Regular Users card

Wakefield offer access to all their facilities for £25 per month with no joining fee.

Depending on numbers of staff interested, we may be able to negotiate a discount. Please contact Sue Chand on 0113 2816920 if you are interested.

South Tyneside

Can offer a 10% discount to St Anne's staff on their platinum membership, a reduction for £348 to £314 per year, which can be paid through direct debit on a monthly basis.

Offers access to Temple Park, Hebburn and Monkton Stadium.

Passes organised through Temple Park on 0191 456 9119 – make sure you say that you work for St Anne's and are entitled to a 10% discount. Any problems, ring Sue Chand on 0113 2816920.

Doncaster

Doncaster aren't able to offer corporate rates, but their Activo card represents good value for money at £24.00 per month, which gives access to all swimming and sports facilities at Adwick, Arncliffe, Askern, Rossington, St James, Crookhill Park, Edlington and Thorne Sports Centres. For enquiries please phone 01302 726000

Calderdale

Calderdale will offer a corporate discount if at least five people wish to join. Their usual price is £28.50 per month but will offer access to all their sports facilities (Todmorden Sports Centre, Halifax Pool, Elland Pool, Sowerby Bridge, Ridings Sports Centre and North Bridge Leisure Centre) for just £25.00 if there are five people or more.

Please contact Sue Chand on 0113 2816920 if you are interested in joining this scheme.

This is all the information we have managed to collate to press but we will continue to look at as many areas as possible. If your area does not appear here, please let Sue Chand know and we will try to find out what offers we may be able to negotiate.

Benefits of Balance Group
September 2007