

TEENfit

13 - 15yrs

aspire
GYM



"STRONG IS THE NEW COOL"

LETS DO THIS!

CONTACT US



01292 474700



reception@prestwicktennis.org



1 Whinfield Place, Prestwick, KA9 2TS



prestwicktennisandfitness.co.uk

TEENfit

13 - 15yrs

£12
PER MONTH

£10 joining fee

www.prestwicktennisandfitness.co.uk

The ultimate membership designed specifically for 13-15 year olds! Whether you're into sports, want to boost your energy, or simply aim for a healthier lifestyle TEENfit is your go to membership! Your journey will start with a two part induction process ensuring that you learn to use the equipment safely and effectively.

STAGE 1 & STAGE 2 INDUCTION PROCESS

TEENfit inductions will be carried out over 2 sessions and be limited to groups of no more than 6.

Your child can scan the QR code to download the Mywellness app and register before their Stage 1 induction.



Stage 1

Introduction to Resistance and Cardiovascular Machines
Saturdays 11am (duration 1 hour)

Stage 2

Free Weight Techniques and Safety
Sundays 11am (duration 1 hour)

Full details on the TEENfit induction process can be found on our website.

WHEN CAN I USE THE GYM?

Once you have successfully completed both Stages of your induction process you can start booking your timeslots in the gym via MyWellness app

Regular Term Time Schedule

- Monday to Friday 4:00pm to 5:00pm
- Weekends 12:00pm to 4:00pm

School Holidays Schedule (Easter, Summer, October, Christmas)

- Every day of the week 12:00pm to 4:00pm

FITNESS CLASS SCHEDULE

Three fitness classes per week are available to TeenFit members which must be booked via your MyWellness app.

TEEN TITANS (WEDS 3.30-4PM)

Teen Titans is an exhilarating strength and conditioning class designed specifically for teenagers. This high-energy class combines dynamic strength exercises with cardiovascular conditioning to help teens build strength, improve endurance, and boost overall fitness levels. Led by our experienced instructors, Teen Titans is the ultimate workout for young individuals looking to unleash their inner strength and achieve their fitness goals.



BLITZ (THURS 3.30-4PM)

Blitz is our high-intensity interval training (HIIT) class. Designed to push you to your limits, Blitz alternates between bursts of intense exercise and short recovery periods to maximize fat burning and improve cardiovascular fitness. Led by our motivating instructors, this fast-paced class incorporates a variety of bodyweight and equipment-based exercises to help teens increase strength, endurance, and overall athletic performance.



SUSPENSION SQUAD (FRI 3.30-4PM)

Get ready to join the Suspension Squad and take your fitness to new heights with TRX suspension training! In this class, teens will use suspension straps to perform a variety of bodyweight exercises that target every muscle group. From core stability to upper and lower body strength, Suspension Squad offers a challenging and effective workout suitable for all fitness levels. This class will help teens improve strength, balance, and endurance in a fun and supportive environment.



DATA PROTECTION General Data Protection Regulation (GDPR) effective from 25 May 2018. Prestwick Tennis and Fitness are the controller of your child's personal data that you provide and due to the "contractual purpose" we will process the information you provide for administration purposes, to communicate club news, or to facilitate your participation in any competitions/ challenges where applicable. If your child attends one of our TEENfit fitness classes the class instructor will have access to your child's contact details for the purpose of facilitating their class only. For your Information the Club's Data Protection Policy is available on the Club website www.prestwicktennisandfitness.org

MYWELLNESS APP - I hereby grant permission for my child to use the MyWellness app for scheduling classes and workout time slots and agree that a profile picture of my child may be taken for the app.

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

PHOTO CONSENT

I hereby agree to my child being involved in any publicity, including photos or filming surrounding TEENfit programme.

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

CONTACT

I am happy to be contacted by post, email, phone or SMS in connection with TEENfit activities

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

TEENfit CODE OF CONDUCT

As a member of Aspire Gym's TEENfit membership programme, your child is expected to adhere to the following TEENfit Code of Conduct:

- Respectful behaviour towards staff and fellow members.
- Responsible use of equipment and facilities.
- Compliance with gym rules and regulations.
- Utilisation of the facility is allowed only during the allocated times.
- Bookings must be made for classes or sessions before using the facility.
- Any form of misbehaviour may result in the revocation of membership.

On behalf of my child I agree to the above Code of Conduct and the Terms of Conditions of Membership as displayed on the clubs website at www.prestwicktennisandfitness.org which I have read and understood and agree.

<input type="text"/>	<input type="text"/>
Parent/Guardian's Signature	Date



Instruction to your Bank or Building Society to pay by Direct Debit

Please fill in the whole form using a ball point pen and send it to:

Prestwick Tennis and Fitness,
1 Whinfield Place,
Prestwick,
KA9 2TS

Name(s) of Account Holder(s)

Bank/Building Society account number

Branch Sort Code

Name and full postal address of your Bank or Building Society

To: The Manager Bank/Building Society

Address

Postcode

Originator's Identification Number

6	0	1	2	3	0
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Reference

Instruction to your Bank or Building Society
Please pay Prestwick Tennis and Fitness Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with Prestwick Tennis and Fitness and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s)

Date

Banks and Building Societies may not accept Direct Debit Instructions from some types of account

This guarantee should be detached and retained by the Payer.

The Direct Debit Guarantee

- This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits
- If there are any changes to the amount, date or frequency of your Direct Debit Prestwick Tennis and Fitness will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request Prestwick Tennis and Fitness to collect a payment, confirmation of the amount and date will be given to you at the time of the request.
- If an error is made in the payment of your Direct Debit by Prestwick Tennis and Fitness or your bank or building society you are entitled to a full and immediate refund of the amount paid from your bank or building society.
- - If you receive a refund you are not entitled to, you must pay it back when Prestwick Tennis and Fitness asks you to
- You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.