

Don't tell everyone...

... but here's the secret to a new fit and fabulous you!

If you are ready to kick up your fitness routine here is your chance to start 2010 off feeling healthy and better than you have in years!

12 month access all areas pass
only

£249

or £27.50 pcm*

Save over
£100!

EASYLINE From

TECHNOGYM
The Wellness Company

New for 2010

The 30 minute express workout
with a difference

12 month EASYLINE & aerobics only pass***
only

£220

or £21 pcm*



Hurry this fantastic offer is available for a limited time only.

To change and improve your life... call 0161 976 5970

- **Unlimited Access to the Fitness Suite** (equipped with Technogym Wellness System)
- **Unlimited Access to all the Aerobic Classes****
- **FREE Wellness upgrade with wellness support** (keys available at reception - £10 non-refundable)
- **FREE Sauna & Steam Access** (Sauna female only)
- **FREE Racket Sports***
- **Discounted Rates on Sports Hall and Studio Hire**
- **FREE Fitness Induction**
- **Members Only Vanity Area and Changing Rooms**
- **Free car park with 24 hour CCTV**

Sports hall availability
Sunday 1-6pm
very competitive
hire charges.

Studio hire available
various times and days
very competitive
hire charges for new
top grade facilities.

BODY CONTROL

Sports Massage & Personal Training

Very competitive rates
Book a FREE
consultation today.

Contact: Richard Clancy on:
Tel: 07984 845952
Email: info@aomfitness.co.uk

TRIDENT TKD TAE-KWON-DO ACADEMY

Great fun, fitness and helps build self confidence

Email: info@tridenttkdacademy.co.uk
visit www.tridenttkdacademy.co.uk

Contact: James Miley on:
Tel: 07974 649015

SABENA'S BODY BOOT CAMP

Achieve your goals quick and simple. Guaranteed results.
Limited places.

Contact: Sabena on:
Tel: 07806 609963



ASHTON ON MERSEY
HEALTH & FITNESS

*Terms & Conditions apply. Offers subject to availability.
Direct Debit option subject to a minimum 12 month contract
and admin fee of £21.50 to be included with initial deposit.
Does not include yoga. *Easyline Pass includes access to
Easyline and all aerobic classes but not the Fitness Suite

ATTENTION ALL LADIES CHECK THIS OUT !

New for 2010
EASYLINE From Technogym

The 30 minute express workout with a difference

Tuesday 6-9pm
is ladies only night

A female member of staff will be available to help and offer advice

2010 CLASS TIMETABLE

TIME	CLASS	COACH
MONDAY		
6:30pm - 7:15pm	BEGINNERS STEP AEROBICS	BEVERLEY
7:15pm - 8:15pm	AERO-BER-TONE	BEVERLEY
TUESDAY		
6:00pm - 6:30pm	EASYLINE CIRCUIT	KAREN
6:45pm - 8:15pm	HATHA YOGA	JANET
7:30pm - 8:00pm	EASYLINE CIRCUIT	KAREN
WEDNESDAY		
6:15pm - 7:00pm	LEGS, BUMS & TUMS	BEVERLEY
7:00pm - 7:45pm	MIX-IT-UP	BEVERLEY
THURSDAY		
5:45pm - 6:30pm	AEROBICS & TONE	KAREN
6:30pm - 7:15pm	PUMP IT!	KAREN
7:15pm - 8:15pm	CIRCUITS	KAREN
FRIDAY		
6:00pm - 6:45pm	AERO-BER-TONE	BEVERLEY
SATURDAY		
3:00pm - 4:00pm	TAI CHI	LIN
SUNDAY		
10:00am - 11:00am	LEGS, BUMS & TUMS	RONA

A VARIETY OF EQUIPMENT MAY BE USED IN MANY OF THE CLASSES FOR TONING, FITNESS AND EFFECTIVE DEVELOPMENT.

ALL CLASSES ARE OPEN TO NON-MEMBERS. PAY AS YOU GO
STUDENTS/OAP £3.50 (YOGA £4.00) ADULTS £5.00 (YOGA £5.50)

The above timetable may be subject to change at the absolute discretion of the centre.
For more information on specific classes, please visit our website or call the centre.



FACILITIES AVAILABLE

MULTI - SPORTS HALL
Bookings Available at very competitive rates

27 STATION TECHNOGYM FITNESS SUITE
Fitted with Technogym
Wellness Key System

2 FULLY AIR CONDITIONED AEROBIC STUDIOS
Bookings Available

NEW FOR 2010

3G ASTRO PITCH
available for bookings now.
(weekends only 9-5)

EASYLINE SUITE
Pay-as-u-go or memberships available.
Ladies only sessions on Tuesdays.

Visit www.aomfitness.co.uk for more information and booking forms.

SPORTS CAMPS

Places now available for February from as little as £15 per day (PACKAGES AVAILABLE*)

Book early to avoid disappointment

0161 976 5970 or
0161 973 1179 ext 257

Email: info@aomfitness.co.uk
www.aomfitness.co.uk

Receive a **free** one day guest pass!
Just send an enquiry through our website

PRIME DANCE FROM AGES 6+

Prime dance offers dance classes to suit everybody from tap to ballet or learn new street dance moves.

Contact Jackie on 07882178611

TRAMPOLINING
Parties now available only

£90*

Book early to avoid disappointment
Saturdays only

CLIMBING WALL
Parties now available only

£110*

Book early to avoid disappointment
Saturdays only

FOOTBALL
Parties now available only

£60*

Book early to avoid disappointment
Saturdays only
(FA qualified football coach available at request £30)

www.aomfitness.co.uk