

MOLENDINAR COMMUNITY GYM!

**Your local community gym –
right here on your doorstep!**

Well equipped with Cardio
and weight machines, free
weights area and stretching
room.

Free Induction and low
monthly membership of £10
per month – no contract or
direct debit needed.

Pay As You Go options
available at £2 per gym visit
and £3 per fitness class.

Opening Times

Monday–Friday 9am–8.30pm,
Saturday 9am–3.30pm.

Molendinar Community Centre

1210 Royston Road, Glasgow G33 1HE, Phone 0141 276 1300.

Molendinar Community Gym Fitness Class Timetable

New Timetable Starts – Tuesday 10th January 2017

Tuesday	<p>Insanity flips traditional high intensity interval training on its head and brings you max interval training, where you will work flat out for 3–5 minute blocks. Keeping your body at its limits will get you fitter, faster.</p>	<p>6pm – 6.30pm Pay As You Go £3 or FREE with Monthly Membership</p> <p><i>Glasgow Club Members Welcome</i></p>	Main Hall 1
Friday	<p>Easy Exercise Low impact exercise class for the older adult.</p>	<p>10am – 11am £1 or FREE with Monthly Membership</p> <p><i>Glasgow Club Members Welcome</i></p>	Main Hall 1
Saturday	<p>Metafit A high energy workout that boosts metabolism and burns fat combining traditional bodyweight exercises with the latest interval and tabata techniques!</p> <p>Legs, Bums and Tums Get to grips with those wobbly bits in this fitness classic!</p>	<p>9.30am - 10am Pay As You Go £3 or FREE with Monthly Membership</p> <p><i>Glasgow Club Members Welcome</i></p> <p>10am – 10.30am Pay As You Go £3 or FREE with Monthly Membership</p> <p><i>Glasgow Club Members Welcome</i></p>	Main Hall 1

- Classes are FREE with a monthly £10 membership
- Pay as You Go Cost applies only for non-monthly members
- Participants must be 16 years or over to attend.
- Only classes provided by Glasgow Life are included in the monthly gym membership



WORKING TOGETHER TO TRANSFORM LIVES IN GLASGOW

CITY PARTNER



SUPPORTER

