

Induction - £4.00

All new members at Sam's Health and Fitness Suite will need to undergo an initial induction by one of our fully trained members of staff. This will include an explanation on how to use the equipment safely in the gym and a tour of the facilities. The induction will also include a free workout session in the gym.

One off Joining Fee - £10.00

The joining fee is payable by all members at the gym.

Members Single Session - £4.00

This is our most popular option. A member's single session is for users of Sam's Health and Fitness Suite that have either paid the one-off lifetime membership or the yearly membership fee. A single session will give users full access to the gym facilities which include a full range of free weights, resistance machines, sauna and steam room

Members Monthly Pay As You Go Pass - £25.00

The monthly pay as you go pass offers users the chance to pay for a whole month's usage of Sam's Health and Fitness facilities. The monthly pay as you go pass has no contract and can be renewed on a month by month basis.

Members Parent and Pupil Shared Entry - £6.00

The parent and pupil shared entry is a very popular way to introduce your child to the world of keeping fit and healthy. This offers reduced rate entry for two people (a member and a child).

Direct Debit - £10.00 (additional £2.50 per session for peak times)

Members can choose to pay by Direct Debit. Members will receive all of the benefits from the monthly pay as you go pass but with a reduced monthly fee.

Off Peak times - 13:00pm until 15:00pm & 19:00pm - 21:00pm (Monday to Friday only). Upgrade for only £2.50 per session to use the gym at any time any day.

Non-members Entry - £7.50

We offer the use of our facilities to customers that have not paid an initial joining fee. This will give access to all of the facilities available for a one-off usage without paying a joining fee or monthly membership. All non-members must complete an initial induction session before using our facilities.

Junior Pass - £2.50

A pass designed for junior members, under the age of 16. Available any time for just £2.50 per session.

Family Membership - £60.00

The family membership has been specially tailored to meet the needs of our family members. This monthly membership includes the use of all of our facilities for you and your family (2 adults and 2 children aged 12-16) Family membership excludes the use of the sauna and steam room for under 12's.

Dance Studio & Sports Hall - POA

We have a fully equipped dance studio that hosts classes including Rick's Circuit Box/Keep Fit, Salsa, Zumba, Bokwa, and a selection of others to choose from. Please contact the gym reception for more information about the classes that we offer.

Great Value Membership Packages

(One time single payment)

12 Months **£150** 3 Months **£54**

Facilities

Highly qualified staff on hand to help at all times.

Free health check including BMI and blood pressure.

Free dietry information.

Free exercise programmes.

Full range of cardiovascular equipment.

Free weights up to 50kg.

Sauna and Steam Room.

Friendly, clean and hygienic environment.

Sauna and Steam Room Timetable

Monday Men
Tuesday Women
Wednesday Men
Thursday Women
Friday Men
Saturday Women
Sunday Men

Contact





More car parking is available at Oldbury Academy's Car Park after 4pm. Pound Road - B68 8NE.

Sam's Health and Fitness Suite

Oldbury Academy
Wolverhampton Roac
Oldbury
R68 8NF

0121 544 9989

www.oldburyacademy.org.uk

Opening Times

	13.00 - 21.00
	13.00 - 21.00
	13.00 - 21.00
	13.00 - 21.00
	13.00 - 21.00
Sunday	09 00 - 17 00