

profiles

Health & Fitness

**A unique way to
have fun, keep fit
and stay healthy**

*helping you rise to
the fitness challenge*



Time to step into a healthy new way of life

Taking that first step on the road to a new, healthy lifestyle can sometimes be difficult. There are so many things to get in the way, whether it's a busy family life, work, a hectic social life, a general lack of motivation or even a fear of working out in a gym.

At **Active Luton** we recognise that while some people are born to enjoy exercising, some of us need a little more help!

Whatever stage you are at, we are committed to helping you every step of the way. Our

Profiles Health Clubs are based at **Lea Manor Recreation Centre** and **Luton Regional Sports Centre**.

State of the Art Equipment

Each **Profiles** Health Club is equipped with a superb range of state of the art equipment from treadmills, cross-trainers, exercise bikes and stair climbers through to Powerplate's groundbreaking vibration fitness technology. You can even watch your favourite Soap or listen to your iPod, as you work out. Each club also has a superb range of strength and conditioning equipment to complete your full body work-out.

If you want to fit that session in on your way to or from work, there are fully modern shower and changing facilities available, with large lockers to keep your belongings safe.

Give Yourself a Fitness Boost

Improving your fitness will have a positive effect on your overall health and well-being. It can help you improve muscle tone and stamina, lower blood pressure, improve your breathing, strengthen your bones, lower cholesterol, strengthen your heart and much more. Exercise is also the perfect way to combat stress and develop that 'feel good' factor - great for boosting self-confidence.



Motivational Support

it's a team effort

A comprehensive induction programme with a fully qualified fitness instructor is the perfect way to get started. Great care is taken to create a plan that suits your needs and your current level of fitness.

The **Profiles** fitness team will check your programme on a six weekly basis, monitoring your progress and adjusting things as necessary. A **fitness mentor** will also work with you throughout your fitness journey, helping you to keep firmly on track.

Working out in a gym environment can be daunting for some, so, if that's holding you back, our **Profiles** clubs provide specialist times for **women only** and for the **elderly**. We also run specialist **lifestyle management** classes.

Personal Training

If you are looking for further individual support during your fitness sessions, you can opt to work with a personal trainer. During these sessions be prepared to be motivated and educated in the ways of fitness! Active Luton prides itself on having some of the town's most qualified consultants, all endorsed by the Wright Foundation.

Junior Profiles

In a world where the computer rules, understanding the importance of looking after your body is important for young people too. That's why **Active Luton** positively welcomes and encourages anyone from 11 years upwards to get involved. Specific sessions are dedicated to our **Junior Profile** members. These are fun and designed to motivate and

educate. Adults do not need to be present. It is necessary, however, for an adult to accompany 11-16 years olds at all other times

Inclusive Fitness Initiative

The Inclusive Fitness Initiative (IFI) is a programme encouraging the fitness industry to become more inclusive by catering for all abilities. We have equipment recognised by the Inclusive Fitness Initiative available at both of our **Profiles** Clubs.

Profiles Health Club at Luton Regional Sports Centre

- ♥ Luton Regional Sports Centre, St Thomas Road, Luton LU2 7XP
Tel: 01582 416772
- ♥ Open Mon – Fri (6.15am – 10.15pm)
Sat & Sun (8.00am – 5.00pm)
- ♥ 60 station gym
- ♥ LifeFitness Equipment using state of the art audio/visual technology.

Profiles Health Club at Lea Manor Recreation Centre

- ♥ Lea Manor Recreation Centre, Northwell Drive, Luton LU3 3TL
Tel: 01582 599888
- ♥ Open Mon – Fri (6.00am – 10.30pm)
Sat & Sun (8.00am – 5.00pm)
- ♥ 70 station gym
- ♥ LifeFitness Equipment using state of the art audio/visual technology.

Profiles Membership

access to 2 health clubs,
4 swimming pools and unlimited
fitness classes

Profiles membership offers a flexible approach to health and fitness, letting you choose where you exercise.

A Membership Package with a Difference

As a **Profiles Health Club** member you can work out in both clubs, enjoy unlimited access to public swimming sessions across 4 pools and join some of the best fitness classes in town. It's all included in one great **VALUE FOR MONEY** membership package.

Member Reward Scheme

Your membership kicks off with **The Profiles Welcome Pack**; a stylish Active Luton gym bag and a smart face towel for your work outs. Now we all like to be rewarded for our hard work so, to help you along your way, we have put together a programme of incentives which recognise your new approach to developing a healthy lifestyle.

The more you train, the more rewards and spot prizes you will gain.

Payment Options

A range of flexible payment options are available. Choose from the most cost-effective annual lump sum payment to a monthly rolling membership paid by direct debit. A member of the team will be happy to discuss the best option for you.

How to Get Started

Our highly qualified and professional staff are here to help you. Contact our membership hotline **08453 30 30 85** or call in to your nearest facility to find out more. Alternatively email **info@activeluton.co.uk**

www.activeluton.co.uk

