

Link4Life



£1.25
per session

Shokk gym weekly programme

Bowlee Park
Sports Centre

In partnership with



healthy living

healthylivingnetwork
NORTH WEST



www.link4life.org/bowlee

Windermere Road, Langley,
Middleton, M24 4LA

0161 643 4907

IN PARTNERSHIP WITH
ROCHDALE
METROPOLITAN BOROUGH
COUNCIL

Link4Life is the trading name of Rochdale Boroughwide Cultural Trust. Registered Charity No: 1118610

Shokk gym weekly programme

- All gym users must complete a 3 stage induction course before attending the workout sessions
- Inductions and sessions must be booked in advance at reception
- Trainers must be worn in all sessions
- Drinking water is provided
- A health assessment questionnaire needs to be completed by a parent/guardian prior to the first induction, these can be obtained from Bowlee Park Sports Centre or link4life.org/bowlee

Days/Times	4.30-5.30	5.30-6.30	6.30-7.30	7.30-8.30
Monday	Induction Stage 1 13-16 yrs	Induction Stage 1 8-12 yrs	Induction Stage 1 8-16 yrs	Dance Mat Session 8-16 yrs (Parents Welcome)
Tuesday	Workout Session 13-16 yrs	Workout Session 8-12 yrs	Family Fun Session 8 Yrs +	
Wednesday	Induction Stage 2 13-16 yrs	Induction Stage 2 8-12 yrs	Induction Stage 2 8-16 yrs	Dance Mat Session 8-16 yrs (Parents Welcome)
Thursday	Workout Session 8-16 yrs	Workout Session 8-12 yrs	Workout Session 13-16 yrs	
Friday	Induction Stage 3 13-16 yrs	Induction Stage 3 8-12 yrs	Induction Stage 3 8-16 yrs	

Saturday	10.00-11.00	11.00-12.00	12.00-1.00	
	Workout Session 8-12 yrs	Workout Session 13-16 yrs	Workout Session 8-16 yrs	