

Link4Life



# Shokk Gym/Junior Fitness Activities - Weekly Programme



# Central Leisure Centre

Entwisle Road, Rochdale, OL16 2HZ | T: 01706 924213 | W: [link4life.org/central](http://link4life.org/central)

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

Heywood, Middleton and Rochdale   
Primary Care Trust

IN PARTNERSHIP WITH  
 **ROCHDALE**  
METROPOLITAN BOROUGH  
COUNCIL

## SHOKK GYM TIMETABLE

Week Days/Times	4-5	5-6	6-7	7-8
MONDAY	Induction Stage 1 13-16 yrs		Workout Session 13-16 yrs	
TUESDAY	Induction Stage 2 13-16 yrs	Workout Session 8-12 yrs	Workout Session 8-16 yrs	
WEDNESDAY	Induction Stage 3 13-16yrs	Induction Stage 1 8-12yrs	Family Fun Session 8-16 yrs	
THURSDAY	Workout Session 8-12 yrs	Induction Stage 2 8-12yrs	Workout Session 8-16 yrs	
FRIDAY	Workout Session 13-16 yrs	Induction Stage 3 8-12yrs		
Weekends/Times	11-12	12-1	1-2	
SATURDAY	Workout Session 8-12yrs	Workout Session 13-16 yrs	Workout Session 8-16yrs	
SUNDAY				

## SHOKK CLASS TIMETABLE

Week Days/Times	4-5	5-6	6-7
MONDAY			
TUESDAY		Junior Circuit 8-16 yrs	
WEDNESDAY			
THURSDAY		Junior Kombat 8-16 yrs	
FRIDAY	Dance Mat Class 8-16 yrs 4.15-5.00pm		
SATURDAY	Dance Mat Class 2-3pm		

- All gym users must complete a 3 - stage induction process
- Inductions, sessions & classes must be booked in advance at reception
- Pay as you go and monthly memberships available
- Trainers must be worn in all sessions
- You are advised to bring a drink with you
- Open Session are for people who have completed their 3 inductions
- A health assessment questionnaire needs to be completed by a parent/guardian prior to the first induction, these can be obtained from Central leisure Centre or Link4life website

