



- ➔ TREADMILLS
- ➔ WEIGHTS
- ➔ SPIN MACHINES
- ➔ STEPPERS
- ➔ CROSS TRAINERS
- ➔ ROWING MACHINES
- ➔ EXERCISE BIKES
- ➔ WATT BIKE



Booking forms and further information is available at [www.watfordboys.org](http://www.watfordboys.org)  
 BOOK your FREE induction NOW call 01923 208900 or email [burtl@watfordboys.org](mailto:burtl@watfordboys.org)

## NEW FITNESS SUITE

Exclusively for the School Community\*

- ➔ £10 per month membership
- ➔ Latest fitness equipment
- ➔ No joining fee
- ➔ Free induction
- ➔ Family discounts available
- ➔ Annual payment discounts available
- ➔ Free onsite parking
- ➔ Stunning views of the School field
- ➔ Large screen Video/TV monitors
- ➔ Secure electronic access

\*Membership limited to WBGs Staff, Parents, Students (over 17 years old) and Old Boys only.

### OPENING TIMES:

#### TERM TIME:

Monday to Friday ..... 17:00 to 21.45  
 Saturday ..... 09:00 to 14:00  
 Sunday ..... 10:30 to 13:30

#### SCHOOL HOLIDAYS:

Monday to Friday ..... 09:30 to 15:30

**WATFORD BOYS FITNESS**

**Watford Grammar School for Boys, Rickmansworth Road, Watford, WD18 7JF**