



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



Booking forms and further information is available at www.watfordboys.org
BOOK your FREE induction NOW call 01923 208900 or email 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
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- ➔ 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 21:00
 Saturday 09:00 to 14:00
 Sunday 10:30 to 13:00

SCHOOL HOLIDAYS:

Monday to Friday 09:30 to 15:30
 Weekends CLOSED

WATFORD BOYS FITNESS

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