



THINKING  
**fitness**

THE GYM THAT PUTS MONEY INTO EDUCATION

# Junior Gym Membership Information Pack Rochester





# Thinking Fitness Junior Gym

We're excited to offer our new look junior gym memberships for juniors between the ages of 11 to 15.

Our junior members get access to our junior gym sessions, now with new added equipment included.

A compulsory gym induction with one of our fitness instructors will be completed to help set them on the right path of their fitness journey in a safe and inclusive environment.

# Junior Gym

## Sessions Timings

**Monday to Friday:**  
5:00PM - 7:00PM

**Saturday & Sunday:**  
All day in line with  
centre hours

What's more if a junior member  
trains with an adult (21 and  
over\*) they can train outside of  
the junior gym times.



\*A maximum of one parent/guardian to two children ratio.

# Inductions

## What is an induction and why would I need one?

An induction is our way of setting junior members on the right path of their fitness journey. Our staff will take the junior member through the equipment that they are permitted to use and teach them how safely use it. We'll give all junior members a structured programme to follow which aligns to any fitness goals.

**An induction is compulsory for all junior members.**

## Existing junior gym members

Existing junior gym members who wish to take advantage of the new offering are also required to undertake a compulsory induction to upskill their knowledge to allow the use of the resistance machines.

# One for the adults

When signing up for a junior gym membership, both parent/guardian and junior must attend together to complete all membership paperwork.



Upon completion of sign-up an induction will be booked in.



Once completed, our fitness instructor, along with the parent and junior member, will sign to confirm attendance of the induction, and a membership card will then be issued.



# FAQ



## Can I use the gym before my induction?

Junior gym inductions are compulsory and must be completed before any gym use.

## What can I use in the gym?

### Cardio equipment

Treadmills  
Bikes  
Rowers  
Steppers

### Resistance equipment (Fixed path)

Chest press  
Shoulder press  
Pectoral/rear flies  
Leg adduction/abduction  
Leg curl/extension  
Leg press  
Seated row  
Lat pull down

## What can I not use in the gym?

No one under the age of 16 can use

Free weights  
Kettle bells  
Barbells  
Olympic bars  
Plate loaded equipment

## Membership cost?

Junior gym Membership  
only **£18** a month

