

PONTEFRACT

SQUASH & LEISURE CLUB



MORE THAN JUST SQUASH



FUNCTION ROOMS AVAILABLE FOR PARTYS & BUSINESS MEETINGS

PONTEFRACT SQUASH AND LEISURE CLUB IS ONE OF THE MOST ADVANCED CENTRES IN THE AREA.

With facilities including 8 squash courts, a brand new badminton and table tennis sports hall, a state of the art Life Fitness gym, fitness classes for all abilities, sauna, solarium, physio, sports massage, hair and beauty plus function rooms suitable for any occasion and a relaxing lounge and bar area.

MEMBERSHIP PRICES

(1 Sport)	Annual	Monthly
Squash Off Peak	£200	£19
Squash Peak	£300	£30
Gym Off Peak	£200	£19
Gym Peak	£250	£25
Badminton Off Peak	£200	£19
Badminton Peak	£250	£25
Family	£600	£60
Junior/Student memberships		
Any one sport £200 & £50 per additional sibling		
(2 Sport)	£450	£45
(2 Sport) Jnr/Stu	£300	£30
(2 Sport) Family	£750	£75
(3 Sport)	£600	£60
(3 Sport) Jnr/Stu	£400	£38

SINGLE SESSION FEES

Sports Hall	£40 per hour
NON MEMBERS	Peak Off Peak
Squash	£6 £5
Gym	£6 £5
Badminton (per court)	£12 £10
MEMBERS	
Squash	£5 £4
Gym	£5 £4
Badminton (per court)	£10 £8

CALL NOW
01977 793333

FOR MORE INFORMATION VISIT WWW.PONTESQUASH.COM
Email: info@pontesquash.com [f](#) PonteFract Squash & Leisure Club [t](#) @PonteSquashClub

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NEW
TIMETABLE



TIME	CLASS	LOCATION	INSTRUCTOR	MEMBER	OTHER MEMBER	NON MEMBER
9:00am - 10:00am	Move2Music	Studio 1	Nikki	£4.00	£4.00	£5.00
10:00am - 11:00am	Danceercise	Studio 1	Kath	Free	£4.00	£5.00
4:00pm - 6:00pm	Badminton	Sports Hall	Gill	£3.00	£3.00	£4.00
5:30pm - 6:15pm	Beginner Abs Circuit	Studio 1	Julie	Free	£4.00	£5.00
6:30pm - 7:30pm	Body Tone	Studio 1	Gill	Free	£4.00	£5.00
7:00pm - 9:00pm	Rapid Arnis	Studio 2	Steve	See Instructor for details		
10:00am - 11:00am	Danceercise	Studio 1	Kath	Free	£4.00	£5.00
11:15am - 12:30pm	Yoga Beg/Int	Function Room	Marlene	£4.50	£4.50	£5.00
1:00pm - 1:45pm	Kettlebells	Studio 1	Susie	£4.00	£4.00	£5.00
5:00pm - 9:00pm	Badminton Club Night	Sports Hall	Gill	£3.00	£3.00	£4.00
6:20pm - 7:20pm	Yoga Beg/Int	Studio 2	Emma	£4.50	£4.50	£5.00
6:45pm - 7:45pm	Danceercise	Studio 1	Kath	FREE	£5.00	£5.00
10:30am - 11:15am	Zumba	Studio 1	Vicky	£4.00	£4.00	£5.00
10:30am - 12:30pm	Badminton	Sports Hall	Gill	£3.00	£3.00	£4.00
4:00pm - 7:30pm	Badminton - Smash up	Sports Hall	Gill	£3.00	£3.00	£4.00
6:30pm - 7:30pm	Hips, Burns & Thighs	Studio 1	Gill	Free	£4.00	£5.00
7:45pm - 8:15pm	Beginner squash	Upstairs	Jayne	See Coach for details		
8:00pm - 9:00pm	Pilates	Studio 1	Melanie	Free	£4.00	£5.00
10:00am - 11:00am	Danceercise	Studio 1	Kath	Free	£4.00	£5.00
11:00am - 1:00pm	Badminton	Sports Hall	Gill	£3.00	£3.00	£4.00
1:00pm - 2:00pm	Pilates	Studio 1	Melanie	Free	£4.00	£5.00
5:30pm - 6:00pm	HIIT Abs	Studio 2	Julie	Free	£4.00	£5.00
6:45pm - 7:30pm	Zumba	Studio 1	Vicky	£4.00	£4.00	£5.00
7:00pm - 8:30pm	Yoga Beg/Int	Function Room	Marlene	£4.50	£4.50	£5.00
6:00pm - 8:00pm	Badminton - No Strings	Sports Hall	Gill	£3.00	£3.00	£4.00
6:00am - 6:30am	Fat Burner	Studio 1	Julie	Free	£4.00	£5.00
9:00am - 10:00am	Slim & Trim	Studio 1	Nikki	£4.00	£4.00	£5.00
9:30am - 10:30am	Squash Ladies Open	Upstairs courts	Jayne	See Coach for details		
10:00am - 11:00am	Kettlebells	Studio 1	Susie	£4.00	£4.00	£5.00
9:00am - 12:00pm	Mini Squash - Juniors	Downstairs	Gill	£3.50	£3.50	£3.50
12:00pm - 2:00pm	Badminton - Families	Sports Hall	Gill	£3.00	£3.00	£4.00
10:30am - 11:30am	Junior Squash	Upstairs Courts	Malcolm	See Coach for details		
11:30am - 12:30pm	Junior Squash	Upstairs Courts	Malcolm	See Coach for details		

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