

Inverclyde Leisure Offering you so much more...



PRICE: £38.00



Unlimited use of 8 Fitness Gyms, over 300 Fitness Classes & 3 Swimming Pools across 4 sites. Includes a detailed fitness induction, personal programmes and regular reviews, help and advice by our professional qualified team of Fitness Advisors.



PRICE: FROM £10.70



The package includes a demonstration and use of the Fitness for Less Gym as well as 20% off Swimming and Fitness Classes at Inverclyde Leisure Facilities. This package is available at Boglestone Community Centre, Ravenscraig Activity Centre and Lady Octavia Sports Centre.



PRICE: £23.99



Unlimited access to 8 Fitness gyms, 3 Swimming pools, Fitness classes and Health suites across our sites for ages 10 - 21. Unlimited membership package for 10-21 year olds.



PRICE: £31.00



Unlimited access to our Swimming Pools and Health Suite at the Waterfront, Gourrock and Port Glasgow Pools. The membership includes the latest technology to monitor and measure your progress.



PRICE: £34.00



Unlimited use of over 300 Group Fitness Classes within our facilities ranging from Circuits, Les Mills Classes such as - Body Pump, Body Attack, Body Combat, Metafit, Functional Classes, and many more.



PRICE: £38.00



Our Fitness Express circuit is for weight loss and designed for the wellbeing of all in an informal, friendly and non-intimidating environment where you can help achieve your goals with weight loss, toning and general health improvement. Located at Port Glasgow, Ladies only gym at Waterfront Leisure Complex



PRICE: £19.99



The most spacious free weights gym in Inverclyde with a cool, friendly environment. With a huge selection of lifting platforms, multiple power racks and rigs. The ultimate plate loaded strength range, as well as cable machines and a functional fitness area.

For further information or to join online please visit www.inverclydeleisure.com

Terms & conditions apply.

Main Pool Programme

	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100	2200
MON	Lane Swimming 7:00 - 07:30 IASC (4 Lanes) 7:00 - 7:30	Open Water (3 Lanes) 7:30am - 15:30pm Lane Swimming (3 Lanes) 7:30am - 15:30pm														
TUES	Lane Swimming 7:00 - 07:30	Open Water 7:30am - 15:30pm Lane Swimming (3 Lanes) 7:30am - 15:30pm														
WEDS	Lane Swimming 7:00 - 07:30 IASC (2 Lanes) 7:00 - 7:30	Open Water (3 Lanes) 7:30am - 15:30pm Lane Swimming (3 Lanes) 7:30am - 15:30pm														
THURS	Lane Swimming (6 Lanes) 7:00am - 10:00am Aqua Fit 9:00am - 10:00am	Lane Swimming (3 Lanes) 10:00am - 15:30pm Open Water (3 Lanes) 10:00am - 15:30pm														
FRI	Lane Swimming (6 Lanes) 7:00am - 10:00am Aqua Fit 9:00am - 10:00am	Lane Swimming (3 Lanes) 10:00am - 15:30pm Open Water (3 Lanes) 10:00am - 15:30pm														
SAT	Pool Closed Masters (5 Lanes) 9:00am - 9:00am Lane Swim (Lane)	Swimming Lessons (5 Lanes) 9:00am - 13:30pm Lane Swimming (1 Lane) 9:00am until 1:30pm Open Water (3 Lanes) 13:30pm - 16:30pm Lane Swimming (3 Lanes) 13:30pm - 16:30pm														
SUN	Pool Closed Masters (5 Lanes) 9:00am - 9:00am Lane Swim (Lane)	Swimming Lessons (5 Lanes) 9:00am - 13:30pm Lane Swimming (1 Lane) 9:00am until 1:30pm Open Water (3 Lanes) 13:30pm - 16:30pm Lane Swimming (3 Lanes) 13:30pm - 16:30pm														

Refresh Sauna & Steam Room		
Mon - Fri	7:30am - 21:00pm	21:00pm - 22:00pm
Saturday & Sunday	9:00am - 16:00pm	
Leisure Pool		
Mon - Fri	16:00pm - 18:00pm	18:00pm - 20:00pm
Saturday & Sunday	10:00am - 16:00pm	
Aqua Fit		
Tues, Thurs, Fri	9:00am - 10:00am	

1. The pool programme is subject to constant review and may change without notice.
2. Last admission 30 minutes before closing.