

High levels of fitness provide the key to not only good sports performance, but also to living a healthy lifestyle. To this end, the Bourne Club is committed to providing its Members with high quality fitness equipment, and to facilitate them to get the maximum enjoyment and benefit from their chosen activities.

Whilst the Club's fitness suite has not been designed to compete with much larger, commercial fitness operators, we are proud of the equipment we have on offer. We currently have two static bikes, a treadmill, cross trainer, Concept II indoor rower, Cable Jungle and free weights stack. Complemented by an adjustable bench, exercise mats and various fitness balls, this range should be sufficient for most users.



Once a Member has had an induction (available to Members aged 12 and above, subject to the condition that juniors aged 12 to 16 inclusive only use the equipment whilst being accompanied by either an adult who has also had an induction, or a gym instructor) there are no additional costs to pay. Since the gym is not staffed, all we ask is that Members look after the equipment, and if they are not sure how something works, please ask!

Inductions are available at all times of the day, and cost £25.00 for an adult, and £15.00 for persons aged 12 to 24, and are booked direct with our resident fitness coach, Mick Dawson. Upon completion of a brief health questionnaire, Mick will show all inductees how each piece of equipment can be safely used, and advise on what exercises are most suitable. Upon request, Mick will also devise a personal exercise programme, which can be followed to achieve personal goals. Mick is also qualified to give Personal Training sessions, which are often the best way to remain challenged, motivated and on target to beat either a personal best, or a particular opponent when on court!



Mick can be contacted on either telephone 07957 996607 or email fittmick@yahoo.co.uk.

Outside of the actual fitness room, we also run a variety of different classes, ranging from basic circuits to sport specific core stability training. We also host yoga and pilates sessions.

Further details of the Club's fitness programme can be found in the Club House, on our website, or by contacting the Office on the number below.

We look forward to seeing you getting fit soon!