



Supporting Carers Countywide

Health & Fitness for Carers

Relax at a leisure facility where you can use the gym, swimming pool, Jacuzzi, steam room or just join a class such as yoga or aerobics?

Northamptonshire Carers has purchased memberships around the county for Carers to book and attend **FREE OF CHARGE** – if you are a Carers and would like to use the memberships you **MUST** book directly through Northamptonshire Carers on **Tel: 01933 677837** and **NOT** the gym.

We do run a waiting list should you be unsuccessful on your first attempt to book into a gym.

KETTERING – Balance Health Club

Opening times: Mon – Thur 6am – 10pm, Fri 6am – 9pm Weekends 8am – 7pm

WELLINGBOROUGH – Diana’s Health & Fitness

Opening times: Mon – Fri 6.30am – 10pm Sat, Sun & Bank Holidays 8am – 8pm

RUSHDEN – Pemberton Centre & Splash Pool, THRAPSTON – The Nene Centre

Carers can access any of these venues. Opening times vary, but can be checked by phoning the gym/pool or by going onto their website

CORBYS – East Midlands International Pool & Lodge Park

Opening times: Mon, Wed, Thur, Fri 6.30am – 10pm Tue 7am – 10pm, Sat & Sun 9am – 5pm (check times for use of pool and gym)

LUTTERWORTH & MARKET HARBOROUGH

Opening times: Mon – Fri 6.15am – 10.30pm Sat 7am – 10pm Sun 6.30am – 10pm Bank Holidays 7am – 3pm

NORTHAMPTON:

Nuffield Health & Fitness Mon – Fri 6.30am – 10pm Sat, Sun & selected bank holidays 8am – 8pm

Park Inn Hotel, Pace Health Club Mon – Thur 6.30am 9.30pm Fri 6.30am – 8pm Sat & Sun 8am – 7pm



TOWCESTER AND BRACKLEY – Isospa South Northants Leisure Trust (please note there is an induction fee for the gym of £9.50)

Opening times: Mon – Fri 6.30am – 10pm Weekends 8am – 6pm Check times for use of the pool

Davertry – Daventry Court Hotel (formerly Barcelo Hotel)

Opening times: Mon – Fri 6.30am – 9pm Weekends and bank holidays 8am – 8pm



Trilogy Gyms are Danes Camp, Lings Forum, Mounts Baths & Duston

Trilogy Gyms have kindly offered a reduced membership for Carers who are registered with us. The cost is £19.95 per month, usual price £35.00.

If you are interested, you will need a letter from Northamptonshire Carers stating that you are registered with us, which is essential, and you can then contact the gym to register. If you are interested in taking advantage of this opportunity, please call the Carers Centre on Tel: 01933 677837 for your letter before going to one of the four Trilogy gyms to set up your membership.

Northamptonshire Carers cannot be held responsible in any way for this membership.

Contact us:

General Enquiries: **01933 677837**

E.mail:

carers@northamptonshire-carers.org

Carers Support Line: **01933 677907**

Website: www.northamptonshire-carers.org