



REACH YOUR FITNESS GOALS WITH FLEX

We have all of the latest equipment and support from our professional fitness experts to help you get the results you want.

MEMBERSHIPS

Student

£60
annual
£7.50
per month
£2.50
per session

ADULT

£100
annual
£10.00
per month
£3.00
per session

OVER 60

£60
annual
£7.50
per month
£2.50
per session

CONTACT

Phone: 0191 229 5103

Email: flex.fitness@tynemet.ac.uk

Address: Tyne Metropolitan College, Battle Hill Drive, Wallsend, NE28 9NL



CLASSES

Indoor cycling

Body blast

Boxercise

Fast abs

High intensity interval training
(HIIT)

Legs, bums, tums

Suspension training

Indoor/outdoor boot camps

Exercise to music

Zumba

Zumba gold

Children's Zumba

Clubbercise

Step aerobics

Just jhoom fitness

Chair-based classes

Kettle bells

PRICES

Per session

Staff	£2.50
Student	£2.00
Flex Members	£2.50
Non-members	£3.00
60+	£2.50

Per month (Max 10 classes per month)

Staff	£15.00
Student	£12.00
Flex Members	£15.00
Non-members	£20.00
60+	£15.00

GET SOCIAL

 /flexfitnessCRC

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