



EXCEL membership gives 11 to 16 year olds the freedom to enjoy unlimited EXCEL Gym sessions, EXCEL fitness classes, plus fun and fitness swimming in our indoor and outdoor pools. All this for just £16 a month.

Find out more about membership today!

How to Book

As places are limited, we recommend that you book your place in advance or call ahead to check on availability.

- Centre Members, EXCEL direct debit and annual Members can book their place on any EXCEL fitness session 7 days in advance - online, by phone or in person. Please note that a minimum of 24 hours notice of cancellation is required, failure to attend or cancel may incur full payment.
- Non Member, EXCEL card holders can book 48 hours in advance and must pay at time of booking.

PLEASE NOTE: Session start times are fixed, failure to arrive on time will result in a reduced session time and may mean admission is denied.

www.larkfieldleisure.co.uk

www.angelcentre.co.uk

www.tonbridgepool.co.uk

Tonbridge & Malling Leisure Trust

Working in partnership with:



www.tmbc.gov.uk



JOIN US

Fit for life

Exclusive fitness programme for 11 to 16 year olds

www.larkfieldleisure.co.uk

www.angelcentre.co.uk

www.tonbridgepool.co.uk

tmactive

MORE PEOPLE, MORE ACTIVE, MORE OFTEN



The EXCEL Programme provides a wide range of challenging fitness sessions exclusively for 11 to 16 year olds. All EXCEL Gym sessions last for 1 hour.

All new EXCEL members and casual users are required to attend a minimum of 3 induction sessions before they can take part in sessions on the main EXCEL programme. These sessions are supervised by one instructor to a maximum of 4 users/members and an EXCEL Competency Certificate will be issued when completed. The induction sessions run:

Larkfield Leisure Centre: 4pm & 5pm Monday to Thursday / 1pm on Saturday

Angel Centre: 4pm Monday to Friday / 1pm on Saturday & Sunday

Larkfield Leisure Centre

Monday	1pm to 6pm	EXCEL Gym
	8pm to 8.45pm	Aqua Action
Tuesday	1pm to 7pm	EXCEL Gym
Wednesday	1pm to 7pm	EXCEL Gym
	8pm to 8.45pm	Aqua Action
Thursday	1pm to 7pm	EXCEL Gym
Friday	1pm to 7pm	EXCEL Gym
Saturday	Sessions available all day†	EXCEL Gym
Sunday	Sessions available all day†	EXCEL Gym

Tonbridge Swimming Pool

Monday	8pm to 9pm	Aqua Aerobics
Thursday	7pm to 8pm	Aqua Aerobics

† Sessions run on the hour 8am to 6pm Saturday and 8am to 7pm Sunday.

Angel Centre

Monday	11am to 6pm	EXCEL Gym
	2pm to 3pm	Weights Circuit*
	4pm to 5pm	EXCEL Badminton
Tuesday	11am to 6pm	EXCEL Gym
	4pm to 5pm	EXCEL Badminton
	4.30pm to 5.30pm	EXCEL Aerobics
Wednesday	11am to 6pm	EXCEL Gym
	2pm to 3pm	Weights Circuit*
	5pm to 5.45pm	EXCEL Circuits
Thursday	11am to 6pm	EXCEL Gym
	4pm to 5.30pm	EXCEL Football
Friday	11am to 6pm	EXCEL Gym
	2pm to 3pm	Weights Circuit*
	4pm to 5pm	EXCEL Badminton
	5pm to 6pm	EXCEL Badminton
Saturday	Sessions available all day	EXCEL Gym
Sunday	Sessions available all day	EXCEL Gym

Member £3.50 • Non Member £4.70 • EXCEL Gym induction £10

Find out how to book your EXCEL sessions and about membership overleaf.

*for those aged 14 years and over