ADDITIONAL INFORMATION AND FITNESS ETIQUETTE

- Our friendly Fitness Suite offers the ideal environment to tone, lose weight, build strength, and improve your cardiovascular fitness for a healthier and fitter lifestyle.
- Don't worry if you have never used a 'gym' before. You will receive a free induction and a personal fitness programme written by one of our instructors. Frequent reviews and support are always on hand in helping you achieve your goals and objectives. Inductions and reviews can be booked at Reception.
- Please may we request that all gym users ensure they wear appropriate footwear that is not used for outdoor use and any item of clothing should be appropriate, safe and modest.
- In order to help maintain high standards of cleanliness in the Fitness Suite, all gym users are asked to wipe down machines after use.
- Please ensure that all drinks are contained in a bottle.
- All users must produce a membership card and register their attendance at Reception or via the self service kiosk prior to admission.
- St Mary's offers a digital locker system free of charge to all members in the changing rooms. 'How to Use' instructions are found on a sign on the wall. In your own interest, please do not bring valuables into the Sports Club or sports bags into the gym. Lockers will be checked each evening before close and any lockers that are still being used will have their contents removed and retained in lost property.

  There are also lockers upstairs outside the gym. The larger lockers take a £1 coin which is returned after use, the smaller ones use a 4-digit code of your choice, please see instructions next to the lockers.
- St Mary's (Calne) Services Ltd accepts no responsibility for the loss or damage of any belongings or valuables.



TRX SUSPENSION TRAINING

TECHNOGYM The Wellness Company™

CIMSPA CHARTERED INSTITUTE FOR THE MANAGEMENT OF SPORT AND PHYSICAL ACTIVITY

LESMILLS FOR A FITTER PLANET

UK active More people More active More often

FITNESS SUITE PROGRAMME

lifestyle active life healthy life live life

Monday 2 November to Sunday 13 December 2026



St Mary's Calne Sports Club
63 Curzon Street Calne Wiltshire SN11 0DF
Telephone: 01249 857335
sportsclub@stmaryscalne.org | smcsports.co.uk

Follow us on:

St Mary's Calne Sports Club Fitness Suite Programme

In effect from 2 November to 13 December

MONDAY

6.30am - 3.30pm	Member Use
3.30pm - 6.30pm	Member/Junior Gym
6.30pm - 9.30pm	Member Use

TUESDAY

6.30am - 2.30pm	Member Use
2.30pm - 4.30pm	CLOSED
4.30pm - 6.30pm	Member/Junior Gym
6.30pm - 9.30pm	Member Use

WEDNESDAY

6.30am - 3.30pm	Member Use
3.30pm - 6.30pm	Member/Junior Gym
6.30pm - 9.30pm	Member Use

THURSDAY

6.30am - 2.30pm	Member Use
2.30pm - 4.30pm	CLOSED
4.30pm - 6.30pm	Member/Junior Gym
6.30pm - 9.30pm	Member Use

FRIDAY

6.30am - 3.30pm	Member Use
3.30pm - 6.30pm	Member/Junior Gym
6.30pm - 9.30pm	Member Use

SATURDAY

7.00am - 11.00am	Member Use
11.00am - 2.00pm	Member/Junior Gym
2.00pm - 4.00pm	Member Use
4.00pm - 6.00pm	Member/Junior Gym
6.00pm - 7.00pm	Member Use

SUNDAY

7.30am - 1.30am	Member Use
11.30am - 2.30pm	Member/Junior Gym
2.30pm - 4.30pm	Member Use
4.30pm - 6.30pm	Member/Junior Gym
6.30pm - 7.30pm	Member Use

No personal belongings like bags, coats etc are to be taken in to the gym as they are a trip hazard. Please use the lockers available outside the gym. Some lockers take a £1 coin which is returned after use. The other lockers available use a 4-digit code, please see the instructions with the lockers.

IMPORTANT CUSTOMER INFORMATION

- There is a maximum capacity of 40 members in the Fitness Suite at one time.
- Please wipe down all equipment with the sanitising spray and wipes provided after use.
- Pre-booking is not required for the Fitness Suite. You may arrive at any time within a Member Use session.
- Gym towels are permitted, please bring along your own personal towel.
- Please use water bottles when using the water fountain.



MEMBER USE

Members are entitled to unlimited usage of the Fitness Suite during these times.

MEMBER / JUNIOR GYM

These sessions will be supervised by a member of the Fitness Team, therefore junior members (aged 13 - 15 years) are able to attend without the presence of a parent/guardian. Outside of Junior Gym sessions, juniors are only able to use the Fitness Suite when accompanied by a parent/guardian. The use of free weights at a young age may have a negative effect on physical development, therefore we kindly request that junior members do not use this equipment.

CUSTOMER NOTICES & INFORMATION

Please note: Last entrance will be allowed 30 minutes before closing time. During weekdays, this will be at 9.00pm. At weekends, this will be 6.30pm on Saturdays and 7.00pm on Sundays.