



**Get a free 7 day
pass to give to
family/friends
when you join!**

Contours... more than just a gym...

A Contours membership gives you access to Hadrian Leisure Centre, The Parks Sports Centre, Tynemouth Pool, Waves, and The Lakeside Centre and includes:

- Five gyms, four swimming pools and a spa
- 200+ instructor-led and virtual classes (including Les Mills)
- InBody assessments
- Gym Instructor advice and support
- Custom-made training programmes
- A free nutrition guide and recipe booklet
- Discount on other activities including, badminton, basketball, cricket nets, football, netball and table tennis
- Discount on adult swimming lessons
- Discount at Whitley Bay Mini Golf & FootGolf
- 10% off children's parties
- A climbing wall taster session

Our teams are available to show you around and explain how Contours can help you achieve your goals.

0191 643 7461

contours.membershipteam@northtyneside.gov.uk

www.northtyneside.gov.uk



We invest in our members and all of our gyms have innovative **InBody technology** which can precisely measure things like muscle mass, body fat percentage, body mass index and more.

Contours members receive regular InBody assessments as part of their membership package and our team of expert Instructors use your results and your goals to design the perfect programme for you. Hate running? We will work around the treadmill! The idea is you won't be left not knowing where to turn.

We pride ourselves on a relaxed and friendly environment, with centres open early morning and late night.

Corporate discounts and non-contract options available.

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