



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 £22 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.

- Priority Card holders, 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.

- Casual Users, 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.

larkfieldleisure.co.uk
angelcentre.co.uk
tonbridgepool.co.uk

Tonbridge
& Malling
Leisure Trust
Working in
partnership with:



FIT FOR LIFE

Exclusive fitness programme
for 11 to 16 year olds

larkfieldleisure.co.uk
angelcentre.co.uk
tonbridgepool.co.uk

tmactive
MORE PEOPLE, MORE ACTIVE, MORE OFTEN

The EXCEL Programme provides great challenging fitness sessions exclusively for 11 to 16 year olds.



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 / 2pm on Saturday & Sunday

LARKFIELD LEISURE CENTRE

Monday	2pm to 6pm	EXCEL Gym
	8pm to 8.45pm	Aqua Action*
Tuesday	10.30am to 11.15am	Aqua Action*
	2pm to 7pm	EXCEL Gym
Wednesday	2pm to 7pm	EXCEL Gym
	8pm to 8.45pm	Aqua Action*
Thursday	2pm to 7pm	EXCEL Gym
	5pm to 5.45pm	EXCEL X-Cube
Friday	2pm to 7pm	EXCEL Gym
Saturday	8am to 1pm & 2pm to 6pm	EXCEL Gym
Sunday	8am to 1pm & 2pm to 8pm	EXCEL Gym

*For those aged 14 years and over

ANGEL CENTRE

Monday	11am to 6pm	EXCEL Gym
Tuesday	11am to 6pm	EXCEL Gym
Wednesday	11am to 6pm	EXCEL Gym
Thursday	11am to 6pm	EXCEL Gym
Friday	11am to 6pm	EXCEL Gym
Saturday	Sessions available all day	EXCEL Gym
Sunday	Sessions available all day	EXCEL Gym

TONBRIDGE SWIMMING POOL

Monday	7pm to 8pm	Aqua Aerobics*
Tuesday	11.15am to 12.15pm	Aqua Aerobics*
Friday	9.30am to 10.30am	Aqua Aerobics*

Priority Card £5.50

Casual User £7.20 • EXCEL Gym Induction £25 (covers 3 sessions)

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