

welcome to Lifestyle

Torbay's Number 1 for Health and Fitness.

At Lifestyle we pride ourselves on being equipped to cater for everyone and our friendly experienced staff are always on hand to offer expert tuition, advice and personal training. Our gym includes an excellent selection of free weights and fitness machines, a fitness studio offering a wide range of Aerobic sessions as well as the all important jacuzzi and steam room in which to unwind after a workout.

Lifestyle is open to everyone regardless of ability, there is no joining fee and all our memberships include a free induction.

New! As a Lifestyle Member your children are automatically entitled to a FREE Junior Centre Membership, giving them discounted swimming all year round.

We look forward to welcoming you soon.

memberships

KEY	PLATINUM	GOLD	SILVER	EARLY RISER & WEEKEND	AEROBIC	STANDARD
Times ▶	ALL	ALL	7am - 4pm Mon - Fri + Weekends	7am - 9am Mon - Fri + Weekends	ALL	ALL
FITNESS SUITE	✓	✓	✓	✓	•	•
SAUNA	✓	✓	✓	✓	•	•
STEAM ROOM	✓	✓	✓	✓	•	•
JACUZZI	✓	✓	✓	✓	•	•
WAVES POOL	✓	✓	✓	✓	•	•
SUNBEDS & SUNSHOWERS	✓	•	•	✓	•	•
AEROBICS/STUDIO SESSIONS	✓	•	•	✓*	✓	•
CARDIO CYCLING	✓	•	•	•	•	•
FITNESS ASSESSMENTS**	✓	✓	✓	✓	•	•
FREE PARKING	✓	✓	✓	✓	✓	✓

* Weekend classes only

** Not applicable for 1 month memberships
Refer to insert for current prices

how to find us



Just over 100 metres from Torquay Seafront.
Easy access through Torre Abbey or via Belgrave Road and Chestnut Avenue.

opening times

Monday - Friday 7.00am - 9.30pm
Saturday & Sunday 9.00am - 6.00pm
Bank holidays 9.00am - 7.00pm
Please ask for Christmas & New Year opening times

Lifestyle

HEALTH & FITNESS SUITE

Riviera International Centre
Chestnut Avenue • Torquay • TQ2 5LZ

Booking and Information 01803 206345
www.rivieracentre.co.uk



Lifestyle

HEALTH & FITNESS SUITE

*Make it part
of your Lifestyle!*



feel energised



fitness suite

Lifestyle's gym features an extensive mix of the very latest cardiovascular and resistance machines. Our fitness stations include Concept 2 Rowers, heart rate steppers, cross trainers, treadmills and a complete range of resistance equipment. There is air conditioning, TV monitors and a sound system as well as experienced friendly instructors on hand at all times.



fitness studio

A wide range of Aerobics classes and other sports are on offer in our purpose-built Fitness Studio. The studio features a beech sprung floor, mirrored walls, full air conditioning and a dedicated sound system to match your pace.



cardio cycling

Using Lemond Revmaster bikes, Cardio Cycling is a highly motivating group cycle class which will help take you on a journey to a fitter and healthier lifestyle. Decrease body fat, lose weight, improve aerobic fitness, relieve stress and burn up to 500+ calories per session!

feel healthy



fitness assessments

Your lifestyle is the key to good health and a feeling of well being. We now offer a free induction when you join and free fitness assessments* throughout your membership. Fitness assessments are designed so our fully qualified instructors can help you set personal goals, choose a programme of exercise that's right for you and help you make positive health choices.

(*with selected memberships).



personal training

If you are lacking motivation and feel you need some extra support, then a Personal Trainer can help you. They will design a programme that will take into account your fitness level, lifestyle and commitments. Your Personal Trainer can help you to achieve your goals!



waves leisure pool

As a member, you have free access to this magnificent pool.* With a wave machine, thrilling flume and tropical temperatures, it's the perfect accompaniment to a good workout.

(*with selected memberships).

feel good



relaxing sauna & steam room

Relax and unwind in a traditional 8 seater Scandinavian sauna. Saunas are a perfect way to tone and cleanse the skin after a good workout. The gentle moist heat of a steam room will reinvigorate your body, leaving you feeling refreshed. Try our 12 individual seater steam room.



reviving jacuzzi

Our 8 seater jacuzzi is a wonderful way of relaxing after a workout and is the best antidote to any stressful day. The water jets will massage you gently to soothe away any tension or tiredness.



sunbeds & sunshowers

These luxury sunbeds will give you a superb all over tan in the comfort of our exclusive suite, featuring separate shower, vanity area and full air-conditioning.



your **lifestyle** is the key to **good health and well being**