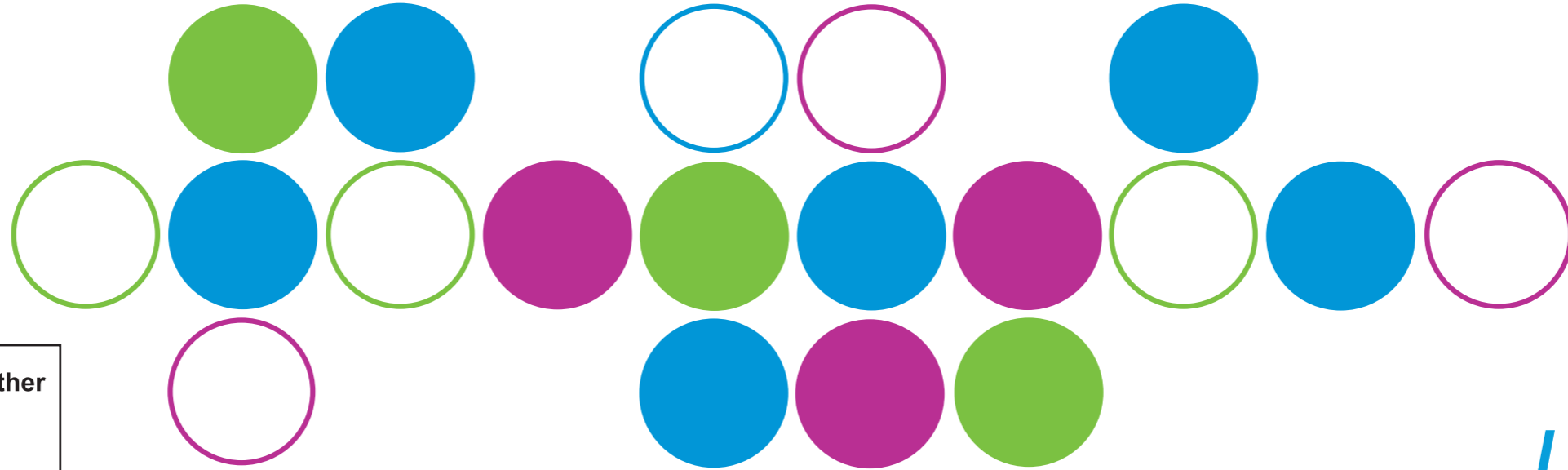


For further details contact reception at:

Lifestyles Peter Lloyd

Bankfield Road, West Derby, Liverpool, L13 0BQ

Tel 0151 254 1968



If you would like information in another language or format, please ask us.

Telephone: 0151 233 3007

Minicom: 0151 225 3275

Email: liverpool.direct@liverpool.gov.uk



Lifestyles

PETER LLOYD

Welcome to **Lifestyles Peter Lloyd**

Lifestyles Peter Lloyd, opened in 1987, is one of the City of Liverpool's largest leisure facilities.

Lifestyles Peter Lloyd offers two purpose built exercise studios featuring the latest Wellness Techno Gym equipment, as well as all-weather pitches and a sports hall.

Lifestyles Peter Lloyd has a unique leisure pool with baby area which has depths from 6 inches to 6 feet as well as a flume slide and newly refurbished sauna and steam rooms.

Lifestyles Peter Lloyd offers:

- Membership scheme options to suit everybody
- Fitness industry Association accredited centre
- Instructors registered with Register of Exercise Professionals to guarantee standards
- Fully air conditioned facility

OPENING HOURS

Fitness Centre

Monday - Friday
8.00am – 10.00pm

Saturday & Sunday
9.00am – 4.00pm

Children's Gym

Tuesday, Thursday and Friday
3.30pm – 5.45pm

Sunday

1.00pm – 4.00pm
Sessions of 45 minutes

GP Referral

Monday & Wednesday
1.00pm – 5.00pm

Saturday

1.00pm – 4.00pm



Lifestyles Peter Lloyd at a glance . . .

- Two Lifestyles Fitness Suites with over 80 exercise stations using Wellness Techno Gym equipment
- More than 50 coached classes
- Body analysis machine
- Fitness coach available on request
- Health suite with steam and sauna
- Four 7-a-side all weather pitches
- 25 metre, 4 lane swimming pool with baby area
- Children's activities, including football coaching, gymnastics, kids club and swimming lessons
- GP referral and cardio rehab programme
- Free car parking
- Suited disabled changing facility and family changing unit available on request



Lifestyles Peter Lloyd Coaching Classes

Monday

9.30am – 10.30am	Aerobics
6.00pm – 7.00pm	Yoga/ Pilates
7.00pm – 8.00pm	Aerobics
7.00pm – 8.00pm	Aqua Fit
8.00pm – 9.00pm	Circuit

Tuesday

9.30am – 10.30am	Bums & Tums
11.00am – 12noon	Yoga
12noon – 2.00pm	Line Dancing (Improvers)
6.00pm – 7.00pm	Bums & Tums
7.00pm – 8.00pm	Fighting Fit
7.00pm – 8.00pm	Aqua Fit
7.00pm – 9.00pm	Karate (Begin & Seniors)

Wednesday

9.30am – 10.30am	Pilates
10.30am – 11.30am	Fighting Fit
12noon – 1.00pm	Aqua Fit
6.00pm – 7.00pm	Yoga/Pilates
7.00pm – 8.00pm	Aerobics
8.00pm – 9.00pm	Circuit

Thursday

10.00am – 11.00am	50+ Keep Fit
6.00pm – 7.00pm	Bums & Tums
7.00pm – 8.00pm	Pilates
7.00pm – 8.00pm	Aqua Fit
7.00pm – 9.00pm	Karate (Begin & Seniors)

Friday

11.00am – 12noon	Pilates
12noon – 1.00pm	Bums & Tums
6.00pm – 7.00pm	Circuit
8.30pm – 9.30pm	Adult Swimming Lessons

Saturday

9.00am – 10.00am	Total Toning
10.00am – 11.00am	Fighting Fit

Sunday

11.00am – 12noon	Spinning
12noon – 1.00pm	Abs Blast
1.00pm – 2.00pm	Yoga

Lifestyles Membership Schemes

If you visit Lifestyles regularly we recommend that you join one of our membership schemes and save **£££'s!**

The following membership schemes are available via Direct Debit and collected monthly:



Membership Type	Adults	Couples	Family	Junior Senior Citizen Student
Total	£28.00	£49.00	£57.00	£20.50
Plus	£24.50	£42.00	£54.00	£17.00
Aqua	£12.50	£20.00	£25.50	£9.00
Aqua Plus	£19.00	£32.00	N/A	£12.50

Other Types of Membership:

Aqua pre-paid Adult	£125
Aqua pre-paid Junior/Senior Citizen	£38
Gym Concession pre-paid - 3 month	£45
Gym Concession pre-paid - 6 month	£70
Gym Concession pre-paid - 12 month	£115
Futures Membership	FREE
Senior Membership	FREE
Concessionary Membership	FREE

Lifestyles Peter Lloyd

Pool - Swim, Steam and Sauna Times

Monday

8.00 am	–	6.45 pm	General Swim
7.00 pm	–	8.00 pm	Aqua Fit
8.00 pm	–	10.00 pm	Adults Only Swim

Tuesday

8.00 am	–	6.45 pm	General Swim
10.30 am	–	11.30 am	Parent & Toddler*
7.00 pm	–	8.00 pm	Aqua Fit (Adults Only)
8.00 pm	–	10.00 pm	Adults Only Swim

Wednesday

8.00 am	–	7.15 pm	General Swim
12.00 pm	–	1.00 pm	Aqua Fit (Adults Only)
7.15 pm	–	9.00 pm	Adults Only Swim
9.00 pm	–	10.00 pm	Women Only Swim

Thursday

9.00 am	–	6.45 pm	General Swim
10.30 am	–	11.30 am	Parent & Toddler*
7.00 pm	–	8.00 pm	Aqua Fit (Adults Only)
8.00 pm	–	10.00 pm	Adults Only Swim

Friday

8.00 am	–	3.45 pm	General Swim
4.00 pm	–	8.30 pm	Jnr Swim Lessons
8.30 pm	–	9.30 pm	Ad Swim Lessons

Saturday

8.00 am	–	4.00 pm	General Swim
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Sunday

9.00 am	–	4.00 pm	General Swim
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Children's coached sessions Football Coaching

Monday

4.00 pm	–	5.00 pm	6-9 years
5.00 pm	–	6.00 pm	10-14 years

Tuesday

4.30pm	–	5.30pm	5-7 years
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Wednesday

4.30 pm	–	5.30 pm	8-10 years
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Saturday

10.00 am	–	11.00 am	6-9 years
11.00 am	–	12.00 noon	10-14 years

Karate

Tuesday

Kids	6.00 pm – 7.00 pm
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Thursday

Kids	6.00 pm – 7.00 pm
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Gymnastics

Wednesday

4 – 6 years	4.00 pm – 5.00 pm
Intermediate	5.00 pm – 6.00 pm

Saturday

Beginner/Novice	9.00 am – 10.00 am
Intermediate	10.00 am – 11.00 am
Advanced	11.00 am – 12.00 noon
Display Squad	12.00 noon – 1.30 pm

Junior swimming lessons

Friday	4.00 pm – 8.30 pm (half hour sessions)
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Pre school swimming lessons

Monday	10.30 am & 11.00 am
Wednesday	9.30 am & 10.00 am (half hour sessions)
Thursday	1.00 pm, 1.30 pm & 2.00 pm (half hour sessions) (Course bookable at reception)

Liverpool Special Needs Gymnastics Club

Friday	7.30 pm – 9.00 pm
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*Parent & Toddler
(pool still open to general public during this session)
POOL SIDE SAUNA & STEAM
Taking a sauna strengthens your body mechanisms, improves circulation and cares for your skin. The sauna and steam cabin is available during all public opening hours.