



The Gym & Fitness Room At TRUFC
November 2007

After a couple of months of fairly intense work the initiative to set up a gym and fitness facility in Changing Room 5, situated in the newest section of the TRUFC clubhouse, has now been completed. The work undertaken primarily involved the collection of funds through a variety of activities, the collection of certain pieces of donated equipment, the installation of floor tile protection and the final purchase plus installation of many other equipment items to fully kit out the room so that it is able to be utilised by a number of users all at the same time.

The aim of creating this facility had initially been to provide a training feature that could be used by players in the two colts age groups and the open age (senior) section of the club for the following main purposes:

- Low impact off-field training for those who are injured and rehabilitating so that their fitness can be maintained or increased;
- Low impact off-field training for those who are trying to increase fitness levels as existing players, starters or returning players to the sport;
- Assistance for those intending to increase their body size and strength through power training;
- Covered off-field training for times when inclement weather conditions prevents use of field training facilities.

These initial aims have been added to by the realisation during establishment of the facility that wider usage could be made in the following ways:

- Fitness training for parents who come with children on junior training nights and normally wait for training to finish sitting in their cars or standing on the field side;
- Fitness training for those who accompany players on senior and colts training nights;
- Fitness training for local residents who have no current involvement or association with the club.

We would really like to encourage usage by the wider community as well as current players so all interested persons are invited to please contact the club via playing@tarletonrugby.com or speak to John Parton and Andrew Gough to obtain any further details required. Membership forms for non-players are available in the Clubhouse Refectory.

Gym & Fitness Room Equipment

A wide range of equipment is available as shown in the following photographs:

Cardiovascular Machines



Resistance Machines/Weights



Other Equipment



[Opening Times](#)

The initial opening times for starting up usage of the Gym & Fitness Room in Winter 2007 are as follows:

Monday	– Closed
Tuesday	– Open 6.30 pm to 8.30 pm Brian Fishwick I/C
Wednesday	– Open 6.00 pm to 8.00 pm Barry Cook/Janet Jones I/C
Thursday	– Open 6.30 pm to 8.30 pm Andrew Gough I/C
Friday	– Closed
Saturday	– Closed
Sunday	– Closed

[Membership](#)

Membership is free to all paid up playing members over the age of 16.

Non-players are required to pay a one off fee of £25.00, which will allow membership until the end of April 2008.

Requests for membership can be submitted verbally or via a filled in Membership Form.

All users must sign a copy of the Gym & Fitness Room Disclaimer and read the Rules of the Gym & Fitness Room before a User's Card will be issued

The following are available from the Clubhouse Refectory, John Parton and Andrew Gough.

- [Gym & Fitness Room Membership Form](#)
- [Gym & Fitness Room Disclaimer \(Form A\)](#)
- [Gym & Fitness Room Rules](#)

The Membership Form and Disclaimer (Form A) including the rules can be downloaded from the 'About Us' Section of this website, see Membership Information – Forms.