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Downton Leisure Centre

February 4th 2012

FREE Activities from 9- 4 PM!

- **FREE Inductions running on the hour every hour between 9am and 3pm**
 - **PLUS receive 21 days worth of membership!***
 - **FREE classes**
 - **FREE use of indoor tennis and badminton courts****
 - **Functional training demos throughout the day**
 - **FREE tasters and discounts on nutritional supplements!**

* New visitors only ** Classes and courts available on a first come first serve basis

Time	Class	Location
9- 9.45am	VIBE Cycle	Activity Room
10- 10.30am	Abs, Back & Core	Activity Room
10.45- 11.30am	Kettlercise	Sports Hall
10.45- 11.30am	Studio Cycling	Activity Room
11.45- 12.30	Boxercise	Sports Hall
1.00- 1.45pm	VIBE Cycle	Activity Room
2.00- 2.45pm	Boxercise	Sports Hall
2.00- 2.45pm	Weight Loss Programme	Activity Room
3.00- 3.45pm	Studio Cycling	Activity Room
3.00- 3.45	Circuits	Sports Hall

Downton Leisure Centre
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