

Join us on  
Friday 26 September for the  
**FREE National Fitness Day**  
‘Power Half Hour’.

Book 7 days in advance at  
Customer Service



### Littledown Centre

Activity: Trim Trail  
Time: 7.00 - 7.30AM

Activity: Fun Aerobics  
Time: 12.15 - 12.45PM

Activity: Synrgy Class  
Time: 12.30 - 1.00PM

### Pelhams Park Leisure Centre

Activity: Circuits  
Time: 2.00 - 2.30PM

Activity: Spinning  
Time: 2.30 - 3.00PM

Activity: 5k Gym Challenge  
Time: 3.00 - 3.30PM

### Sir David English Sports Centre

Activity: 70s Theme Aerobics  
Time: 8.00 - 8.30AM

Activity: 80s Theme Circuits  
Time: 1.30 - 2.00PM

Activity: 90s Workout  
Time: 6.00 - 6.30PM

### Stokewood Leisure Centre

Activity: Plyometric Circuits  
Time: 9.00 - 9.30AM

Activity: Body Blast  
Time: 5.30 - 6.00PM

Activity: Gym Challenge  
Time: All Day

Activity: Swim Challenge  
Time: All Day



A BH Live Experience



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