



Free vouchers to get active in South Gloucestershire

Aerobics/Toning

When	Contact	Location
Kettlercise - A fun and effective full body workout. Shape and tone the whole body with just one piece of equipment.		
Monday 18:30 - 19:30	Andy - Blast fitness 07515 937641 https://www.myblastfitness.com/	Broadway infant, 12 Broadway, Yate, Bristol BS37 7AD
Kettlercise - A fun and effective full body workout. Shape and tone the whole body with just one piece of equipment.		
Monday 19:30 - 20:30	Andy - Blast Fitness 07515 937641 https://www.myblastfitness.com/	Broadway infant school, 12 Broadway, Yate, Bristol BS37 7AD
Sparta - Fat burning body sculpting		
Monday 18:00 - 19:00	SBL Sports Centre 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk	Sir Bernard Lovell School Sports Centre, North Street, BS30 8TS

When	Contact	Location
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Clubbercise® (term time only) - simple, fun dance fitness routines using glow sticks to club anthems from 90's classics to the latest chart hits taught in a darkened room with disco lights.

Monday
19:30 - 20:30

Sarah - Real Fitness
07975943589
sarah@realfitnesswithsarah.com
<https://www.clubbercise.com/what-to-expect>

[Yate International Academy, Sundridge Park, Yate, BS37 4DX](#)

Core Fit - Improve posture and core

Tuesday
18:00 - 18:45

SBL Sports Centre
01454 868158
sblsports@sblonline.org.uk
<http://www.sblsports.co.uk>

[Sir Bernard Lovell School Sports Centre, North Street, BS30 8TS](#)

Aerobics, boxercise and circuits -

Tuesday
10:00 - 10:45

Real Fitness With Sarah
07975943589
sarah@realfitnesswithsarah.com
<http://www.realfitnesswithsarah.com>

[Hanham Community Centre, Hanham, BS15 3EJ](#)

Aerobics, boxercise and circuits -

Tuesday
18:45 - 19:30

Real Fitness With Sarah
07975943589
sarah@realfitnesswithsarah.com
<http://www.realfitnesswithsarah.com>

[Kings Forest Primary School, Station Road, BS15 4PQ](#)

Kettlercise - A fun and effective full body workout. Shape and tone the whole body with just one piece of equipment.

When	Contact	Location
Wednesday 19:30 - 20:30	Andy - Blast Fitness 07515 937641 https://www.myblastfitness.com/	Broadway infant school, 12 Broadway, Yate, Bristol BS37 7AD
Suspension Training - Resistance training using your body weight and suspension belts		
Wednesday 10:30 - 11:30	Dean - Phnx Fitness 07730 005656 dean@phnxfitness.co.uk http://phnxfitness.co.uk/	Phnx Fitness Studios, Unit 7, Two Mile Hill Road, Kingswood, BS15 1AZ
Aerobics, boxercise and Circuits -		
Wednesday 10:45 - 11:30	Real Fitness with Sarah 07975 943589 http://www.realfitnesswithsarah.com/	Yate Community Centre, Station Road, BS37 4PQ
Aerobics, boxercise and circuits -		
Wednesday 20:00 - 21:15	Real Fitness With Sarah 07975943589 sarah@realfitnesswithsarah.com http://www.realfitnesswithsarah.com	Longwell Green Community Centre, BS30 9DU
Bodyworks - aerobic and toning		
Wednesday 18:30 - 19:30	SBL Sports Centre 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk/	Sir Bernard Lovell School Sports Centre, North Street, BS30 8TS

When	Contact	Location
Kettlercise - A fun and effective full body workout. Shape and tone the whole body with just one piece of equipment.		
Wednesday 18:15 - 19:15	Andy - Blast fitness 07515 937641 https://www.myblastfitness.com/	Elm Park Primary School, Nicholls Lane, Winterbourne BS36 1NF
Pump Fit - Exercises using free weights		
Thursday 19:15 - 20:15	SBL Sports Centre 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk	Sir Bernard Lovell School Sports Centre, North Street, BS30 8TS
Legs, Bums and Tums session cost £4 or 5 for £15 - Body Conditioning and fitness session		
Thursday 09:15 - 10:00	Jules Griffin 07986159646 http://www.julesgriffinfitness.co.uk/	Filton Sports and Leisure Centre, Elm Park BS34 7PS
Circuits - Suitable for all abilities		
Thursday 18:30 - 19:15	SBL Sports Centre 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk/	Sir Bernard Lovell School Sports Centre, North Street, BS30 8TS
Aerobics, boxercise and circuits -		

When	Contact	Location
Thursday 20:15 - 21:00	Real Fitness With Sarah 07975943589 sarah@realfitnesswithsarah.com http://www.realfitnesswithsarah.com	Emersons Green Village Hall, BS16 7AP
Step Athletic - Workout with an adjustable step		
Thursday 18:15 - 19:00	SBL Sports centre 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk/	Sir Bernard Lovell School Sports Centre, North Street, BS30 8TS
Pump Fit - Exercises using free weights		
Friday 17:15 - 18:15	SBL Sports Centre 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk	Sir Bernard Lovell School Sports Centre, North Street, BS30 8TS
Circuits -		
Saturday 09:00 - 10:00	Dean - Phnx Fitness 07730 005656 dean@phnxfitness.co.uk http://phnxfitness.co.uk/	Phnx Fitness Studios, Unit 7, Two Mile Hill Road, Kingswood, BS15 1AZ

For more information visit www.southglos.gov.uk/sportspound
 This flyer was last updated on Thursday 25 October 2018