



Free vouchers to get active in South Gloucestershire

Body Conditioning/Toning

When	Contact	Location
Legs Bums and Tums - Body Conditioning and Fitness Session		
Monday 09:45 - 10:45	Janice Suffolk 01454 865821 sportspound@southglos.gov.uk	The Batch Park Road Cadbury Heath BS30 8EB
Sparta(only available when you exchange 8 vouchers for a months membership) - 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
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

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 https://www.myblastfitness.com/	Broadway infant, 12 Broadway, Yate, Bristol BS37 7AD
Core Fit(only available when you exchange 8 vouchers for a months membership) - 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
Suspension Training - Resistance training using your body weight and suspension belts		
Wednesday 10:30 - 11:00	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
Bodyworks (only available when you exchange 8 vouchers for a months membership) - Toning session		
Wednesday 18:30 - 19:30	SBL Sports 01454 868158 sblsports@sblonline.org.uk http://www.sblsports.co.uk	Sir Bernard Lovell School Sports Centre, North Street, BS30 8TS
KETTLERCISE - A fun and effective full body workout. Shape and tone the whole body with just one piece of equipment.		
Wednesday 19:30 - 20:30	Andy - Blast Fitness 07515 937641 https://www.myblastfitness.com/	Broadway infant school, 12 Broadway, Yate, Bristol BS37 7AD

When	Contact	Location
Legs Bums and Tums - 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
Pump Fit (only available when you exchange 8 vouchers for a months membership) - 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
Pump Fit (only available when you exchange 8 vouchers for a months membership) - 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

For more information visit www.southglos.gov.uk/sportspound
This flyer was last updated on Monday 13 November 2017