

Gym and Fitness Club

At The Wensleydale Centre, Askrigg

To book your induction or a place on one of our activity sessions call
T.01969 650060 or M.07968 606571 admin@yorebridge-sport.co.uk

More reasons to join and support your community facility

**Open
8am till 8pm
Monday to
Saturday**

**Membership
Now Includes
Individual Court
Hire**

**50% off
Classes and
Activities***

(*sessions included are Aerobics,
Circuit Training, Pilates, Step,
Salsercise and Yoga)

September Schedule 2009

Prices based on £4.00 per hour. Some sessions may vary.
Sessions purchased in blocks, payable in advance.

Mon: 10.00-11.00 Gentle Exercise for Over 50's
5.00-6.30 Yoga
6.30-7.30 Pilates
6.30-8.00 Tennis Club (MUGA)

Tue: 6.30-7.30 Aerobics / Dancercise
7.00-8.30 Fit4Life
7.45-9.15 Belly Dancing

Wed: 6.30-7.30 Ladies Circuit Training
7.45-8.45 Men's Circuit Training

Thu: 10.00-11.00 Tennis Club (MUGA)
12.30-1.00 Bums & Tums
6.30-7.30 Ladies Circuit Training
7.45-8.45 Salsercise

Fri: 6.00-7.00 Askrigg Junior FC Training (6-16 yrs) (MUGA)
6.30-7.30 Step Aerobics & Body Toning
7.00-8.00 Over 40's Drop-in Football (MUGA)

**Great Value
Gym Members
Eligible for 50%
off Activity
Sessions***

**Fit 'n' Fun
Families can now
enjoy exercising
together -
Saturdays 10-11am**

Don't delay, join today!

Fit4Life!

Supported by Askrigg Parish Council

Fit4Life sessions are for anyone who is interested in losing weight, receiving one to one exercise training and advice, nutrition and diet guidance and re-energising their life to better cope with the stresses of everyday living!

The group meets every Tuesday from 7.00pm until 8.30pm and the session generally consists of a chosen weekly discussion topic, an exercise session and a one to one chat to decide on your fitness and diet goals and how to achieve them. The session is very informal and when the weather is kind some of the group even get on their bikes or take a walk!

Come and join us and get your life back on track - registration is currently FREE.



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