



FITNESS OPEN DAY

Sunday 8th January 9.30am – 4pm

Come and try out our fitness centre and group exercise classes for FREE at Sportspark.*

- Experience our Myride®+ Indoor Cycle Studio
- Synrgy Sprint Classes and Les Mills group exercise tasters
- Meet our Personal Trainers
- Programme writing sessions
- Sports massage sessions
- Plus try out numerous fitness challenges throughout the day

Call (01603) 592398 for more information!

www.sportspark.co.uk

*T&Cs apply please see website for details. Booking line open Monday-Sunday, 10:00-21:00.

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Sportspark

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Sportspark

Time	Fitness Centre	Functional Studio	Dance Studio	Indoor Cycle Studio	Sports/Physio Clinic	Hall 1
09:30	09:30-14:00 Open use with challenges, mini health checks, meet the trainer & information hub	11:30-16:00 Open use with Synrgy SPrint Classes	09:30-10:30 Yoga	10:30 - 11:15 Indoor Cycle Class	11:00-12:00 15 minute sports massage	
10:00			10:30-11:30 Triple Challenge	10:30-12:30 Open Use		
10:30						
11:00						
11:30						
12:00				12:00-13:00 Myride® + Tour Coach Virtual Class		
12:30			11:45-13:15 Les Mills Faster Launch (30 minutes each of BodyPump, BodyCombat & BodyBalance)	13:00-13:45 Open Use		
13:00				13:45-14:15 Myride® + Studio Coach Fast Session		
13:30				14:15-15:00 Indoor Cycle Class		
14:00	14:00-15:00 Programme Writing Sessions			15:00-15:30 Open Use		15:00-15:30 Bleep Test
14:30				15:30-16:00 Myride® + Studio Coach Fast Class		
15:00	15:00-16:00 Open use		15:00-16:00 Zumba			
15:30						
16:00						



Please note: all activities are subject to availability and Sportspark's terms and conditions of use. Minimum age for all Fitness Open Day activities is 16+. There will be free entrance to Sportspark between 9.30am and 4pm. Standard charges apply to all other Sportspark activities on the day (i.e., for swimming, court hire, etc).