



FITNESS OPEN DAY

Sunday 13th January 9.30am – 4pm

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

Activities on the day will include:

- Free group exercise classes
- Free fitness centre access
- Free personal training sessions
- Free Myride®+ Indoor Cycle Studio sessions
- FREE Sports massages
- Live DJ

Already a member? Bring along a friend and be entered into our draw for fantastic prizes!

Call **01603 592 398** for more information or visit
www.sportspark.co.uk/fitnessopenday

www.sportspark.co.uk

*T&Cs apply please see website for details.

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Time	Fitness Centre	Functional Studio	Dance Studio	Indoor Cycle Studio	Sports Physio Clinic	Hall 1	Cringleford Room
09:30	Open use with challenges, mini health checks, meet the trainer, information hub and live DJ	Open Use	Yoga	Open Use			
10:00							
10:30	Free 15 minute PT Taster Sessions	HITT	Triple Challenge	Indoor Cycle Class	Free 15 minute sports massage		Nutrition Planning
11:00							
11:30		Open use with Syngy Classes	Body Pump	Open Use			
12:00							
12:30			Pilates	Myride@ + Tour Coach Virtual Class			
13:00							
13:30			Les Mills Taster Launch (30 minutes each of Body Combat & Body Balance)	Open Use			
14:00							
14:30	Programme Writing Sessions		Fitness Yoga	Myride@ + Studio Coach Fast Session			
15:00							
15:30				Indoor Cycle Class		Self Defence	
16:00							
				Open Use		Human Hungry Hippos	
				Myride@ + Studio Coach Fast Session			



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.).