

Bridport Leisure Centre

at the

Melplash Show 2010

Come and join us at the Bridport Leisure Centre Marquee and take part in our selection of **FREE Fitness Class Taster Sessions** and whilst you're there why not have a **FREE Fitness Assessment** too!

The **FREE Fitness Class Taster Sessions** will give you the chance to see what you have been missing and give you an insight in to what Bridport Leisure Centre has to offer!

All the sessions are lead by fully qualified Fitness Class Instructors who will happily answer any questions you may have regarding health and fitness.

There's no need to book for your **FREE Fitness Assessment** - just be there! The assessments include Blood Pressure readings, BMI Testing and if you like we'll check your weight and give you any fitness advice you may need!

Listed below are the times the Fitness Class Taster Sessions will be going ahead - simply turn up at the time and we'll show you the rest!

Time	Taster Session	Instructor
10.00am - 10.30am	Pilates	Ally
11.00am - 11.30am	Body Condition	Nicky
12.00pm - 12.30pm	Step Aerobics	Sabine
1.00pm - 1.30pm	Pilates	Ally
2.00pm - 2.30pm	Body Condition	Nicky
3.00pm - 3.30pm	Step Aerobics	Sabine



WIN

A 6 MONTH PRICE FOR
LIFE MEMBERSHIP
WORTH OVER

£200.00!

(Complete the form overleaf and hand to a member of the Bridport Leisure Centre Team. The draw will be made at 4.30pm so don't forget to be at the BLC Marquee to see if you've WON!)
Conditions apply*



bridport
leisure centre

www.bridportleisure.com

WIN

A 6 MONTH PRICE FOR LIFE MEMBERSHIP WORTH OVER £200.00!

Just complete the entry form below and pop it into the BLC Marquee. The WINNER will be announced at 4.30pm.

Full Name: _____

Address: _____

Postcode: _____

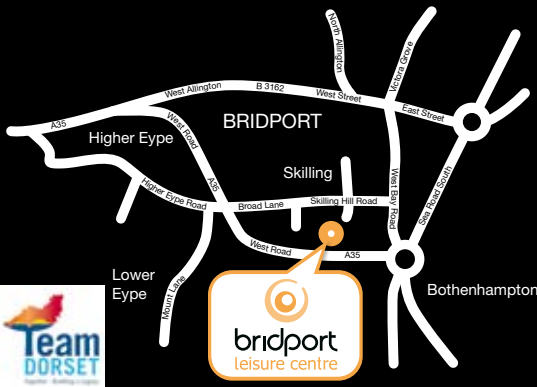
Telephone No: _____ Mobile: _____

Email: _____

D.O.B _____ BLC Member Non Member

**Terms and Conditions:*

Entrants must be 16 years+ Membership and is strictly non transferable. Please refer to the Price for Life Membership Terms and conditions on the reverse of the Membership Application Form available from the BLC Melplash Show Marquee.



Bridport Leisure Centre

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Registered Charity Number 267781

Visit our website for the latest News, Events
and Timetables

www.bridportleisure.com