

Member of the Season

Sponsored by Celia Slater, Holistic Therapist, Burton Bradstock, Dorset

www.celiaslater.co.uk

Member of the Season: Summer 2016

Harriet Morgan-Smith



How long have you been a member and how often do you use the facilities?

I joined in May 2015 and I usually come every weekday morning.

What was your motivation to start using the Leisure Centre?

I wanted to tone up and get fit whilst starting a diet to lose weight.

What is your favourite activity and why?

I love using the weights because you can target specific areas and see results.

What do you enjoy about using Bridport Leisure Centre?

The staff are all very helpful, friendly and have supported me in achieving my goals.

Congratulations Harriet!

I nominated Harriet because she has made amazing progress since starting in May 2015. Her determination to achieve her goals has paid off and she is an inspiration to others looking to achieve their fitness goals!

Paige, Fitness Suite Instructor

