



London Borough
of Hounslow



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Further Information

For more information please contact us:



Lampton Sports Centre
Lampton Avenue
Hounslow
Middlesex TW3 4EP

www.hounslow-leisure.com
Telephone: **0845 456 6675****

**Calls from BT max 5ppm, other providers may vary

Lampton
Sports
Centre

Centre Programme

Autumn 2010



Lampton
Sports
Centre

Supported by



The centre programme is subject to change. Please visit the website for the most up to date information.



Adult Programme

- Fantastic fully equipped gymnasium
- Cardio theatre with entertainment system
- Expert advice from fully qualified fitness instructors

Great value membership packages are available.
Please speak to a member of our team for more details.

Monday – Friday	07:00 – 22:00
Saturday and Sunday	09:00 – 18:00

Super Circuits

A 30 minute gym circuit designed to fit into your lunch hour, with helpful qualified trainer on hand to motivate and guide you through your workout. Suitable for those that are familiar with gym workouts. Limited spaces are available, so it is advisable to book in advance for this session.

Monday	12:15 – 12:45
Thursday	12:15 – 12:45

Core Stability

Core strength is essential for good posture and can ease back pains. A strong, stable core makes all movements and exercise easier and will help prevent injury. These 30 minute work outs are led by our fitness instructors and will enable you to increase the variety in your normal exercise routine.

Tuesday	12:15 – 12:45
Friday	12:15 – 12:45

Sports Hall Classes

Our aerobics classes are led by experienced qualified instructors and designed to give you a full body work out to compliment your gym routines.

Legs, Bums & Tums

Monday	18:00 – 19:00
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Step

Monday	19:00 – 20:00
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Coming soon: Body Combat and Body Pump classes, please register your interest with our team to receive a newsletter on all our upcoming events, by visiting our website or completing a feedback form within the centre.

Sports Hall Hire

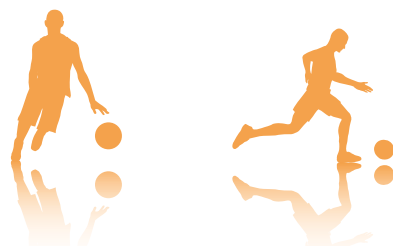
Additional availability of Sports Hall Hire during school holidays. Please contact the centre for more details.

Badminton, Basketball, Football

Monday – Friday	18:00 – 22:00
Saturday and Sunday	09:00 – 18:00

How to book

Members with booking rights can book 7 days in advance and pay at anytime before the booking takes place. Booking restrictions allow only 1 class/session and court per day, per member. These can be booked 7 days in advance and the member booking the activity must take part. Non members can book 4 days in advance. Payment must be made at time of booking. The Sports Hall is also available for single use or multiple bookings. Please contact the centre for more details.



Children's Programme

Junior Basketball Session (5 – 15 years)*

Come along to our sessions with a Level 2 basketball coach and learn new skills, play games and have fun. This class is provided in partnership with "Feltham Warriors Basketball Club".

Tuesday	16:00 – 17:30
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Junior Gym Workout (11 – 15 years)*

The sessions are supervised by qualified instructors, who will offer guidance and advice on training programmes to suit children's fitness development. The sessions are aimed at introducing children into a fitness environment, while developing their cardiovascular fitness and core stability strength. Parent consent form and pre exercise questionnaire is a requirement for this class.

Wednesday	15:30 – 17:30
Friday	15:30 – 17:30
Saturday	11:00 – 14:00

Cancellation Policy

If you cancel any bookable activity, notification is requested at least 24 hours in advance or a charge will be payable (includes classes, inductions, sports hall and court hire etc.) Any activity not cancelled with 24 hours notice or not used will be charged at full rate for all members.

Use of Mobile Phones, Photographic and Video Recording Equipment

Fusion's policy prohibits the use of mobile phones beyond the centre reception point. Unauthorised use of photographic or video recording equipment is not permitted in any area of the facility without written authorisation of the Duty Manager. Please contact reception for more details.

* Additional charge for this activity

Children's Parties

Children's party packages comprise of games, bouncy castle, dance or sports including football, basketball or badminton. Please contact the centre for more details.

Saturday	Variable Times
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Street Dance*

Saturday	09:00 – 10:00
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