



London Borough  
of Hounslow

# Ladies Fitness

at Lampton Sports Centre and  
Brentford Fountain Leisure Centre

From 24th January through to 2nd April 2010  
we will be offering opportunities for women to get  
fit and lose those extra pounds for **FREE** with Spinning  
classes at Brentford and Spinning/Core Conditioning  
classes and Back to Netball sessions at Lampton.



**Tel: 0845 456 6675\*\***

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

Places are limited so  
please book in advance  
to confirm your place.

Lampton Sports Centre, Lampton Avenue,  
Hounslow, Middlesex TW3 4EP

Brentford Fountain Leisure Centre,  
658 Chiswick High Rd, Brentford,  
Middlesex TW8 0HJ





# Your opportunity to put those New Year resolutions into practice!

From 24th January to 2nd April, **FREE** activities for women will be on offer as follows:

Spinning classes at Brentford Fountain Leisure Centre		Spinning or Core Stability at Lampton Sports Centre		Back to Netball sessions at Lampton Sports Centre
Monday	13:15 – 13:45 13:45 – 14:15	Sunday	12:00 – 12:30 12:30 – 13:00 13:00 – 13:30 13:30 – 14:00 14:00 – 14:30 14:30 – 15:00 15:00 – 15:30	For 6 weeks only  From 24th Jan to 28th Feb inclusive.  Sunday 16:00 – 17:30
Tuesday	13:15 – 13:45 13:45 – 14:15			
Wednesday	09:00 – 09:30 09:30 – 10:00			
Thursday	12:00 – 12:30 12:30 – 13:00			
Friday	11:15 – 11:45 11:45 – 12:15			
<p><b>Spinning is a workout you do on a specialised spin bike in the fitness studio. Fast music helps create a highly energised activity.</b></p>		<p><b>Core Stability exercises improve stabilisation and support to the spine. It will provide more support for your back and may reduce the risk of back injuries and improves your muscular co-ordination.</b></p>		<p><b>Back to Netball are fun, sociable netball sessions for those of you of all abilities who just want to play some netball outside the club environment.</b></p>

## Bookings:

Bookings can be made in person at the Leisure Centres or by calling 0845 456 6675\*\* or by downloading a booking form from the website [www.hounslow-leisure.com](http://www.hounslow-leisure.com).

You can book on as many sessions as you like and places will be reserved on a first come, first served basis.

Places reserved by telephone will be held for 48 hours and will be confirmed on receipt of a completed booking form.

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