

PORTSLADE SPORTS CENTRE

*“To get fit in 2010 come and use our **fitness room** or attend some of our **exercise classes**”*

Q. How do I get started in the Fitness Room?

All those who wish to use the room have to first attend an introductory course, when one of our fitness instructors will take you through the safe and effective use of the equipment.

Q. How much does it cost?

Once you have done your introductory course, you can choose to use the room on either a pay-as-you-go basis or monthly by direct debit for unlimited use.



Regular Weekly Classes

Monday

9.30 - 10.30am	Legs, bums & tums*
10.30 - 11.30am	Bodypump (16+)
6.15 - 7.15pm	Gentle aerobics and toning
7.15 - 8.15pm	Body Blitz

Tuesday

6.00 - 7.00pm	Bodypump (16+)
7.15 - 8.15pm	Body Conditioning
8.30 - 9.30pm	Yogalates

Wednesday

9.30 - 10.00am	Gentle Exercise (50+)
6.15 - 7.15pm	Boxercise
7.15 - 8.15pm	Salsacize

Thursday

9.30 - 10.30am	Legs, Bums & Tums*
6.00 - 7.00pm	Pilates
6.15 - 7.15pm	Bodypump (16+)
7.15 - 8.15pm	Step and Tone

Friday

9.30 - 10.30am	Bodypump (16+)*
6.00 - 7.00pm	Circuits

Saturday

9.30 - 10.30am	Body Conditioning
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*Creche available

The **pay-as-you-go** costs are as follows:

*Peak time

£4.00

All other times £3.80

Centre Members

£4.00

£3.80

Non Members

£4.70

£4.50

*5.00pm onwards weekdays

The **monthly** costs are as follows:

Adult

£26.00

†Adult & Partner £46.00

Centre Members

£26.00

£46.00

Non Members

£30.00

£54.00

† Partner must be living at the same address



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