

Uplands Sports Centre
October Newsletter

ONLINE BOOKING
OPENING HOURS
GET IN TOUCH

UPLANDS

SPORTS CENTRE

Meet the Trainer

Spotlight on... Simon

Not long now until Si's US adventure. He's off this October to take part in the **Obstacle Course Racing (OCR) World Championships** in Cincinnati. Having come 7th out of 600 competitors in the qualifiers, we're expecting great things from him in the final - no pressure Si!

We all wish him the very best of luck, and look forward to hearing all about it!



Sports Massage

Tuesdays & Fridays

Those of you who had an opportunity to try out the sports massage sessions last month, will be very pleased to hear that Richard Withers will be joining us on a more regular basis at Uplands, offering sports massage and therapy - to find out more - follow him on [Facebook - RW Sports Therapy](#).

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If not, you won't receive our regular newsletter, details of special offers and more - make sure we have your up-to-date email address. You can give your details to our wonderful reception team, call us on 01892 782136 or email admin@uplandssportscentre.co.uk

- make sure you don't miss out!



News

Christmas will be upon us before long - now is the time to take a look at your exercise regime, so you can fit into that little black dress, and button up that tux!

To help you on your way, we're offering a [FREE Personal Training Session](#) - worth £17.50 for half an hour - let us help you get your exercise on track, in time for the winter festivities - just call 01892 782136 or [email](#), quoting reference [PTOCT](#) for your discount.



Gym

The clocks go back this month, so it's time for a rethink - why not move back into the gym, where it's dry, and you've light... and don't forget the free Wifi!

If you've not been in for a while, why not ask for a [FREE programme review](#), let our qualified instructors take you through some of the equipment - have a go on things you've seen but haven't yet tried - it's always good to shake things up!



Studio - - new class

Don't know whether you've seen our [new timetable](#) yet, with our new Stretch class - Monday evenings from 8.45-9.15pm.

Following on from aerobics and metafit, this new half hour class will help you to stretch out all the muscles you've exercised, allowing you to cool down without pulling anything you shouldn't!



Sports Halls - last few slots...

The dark nights are drawing in, the lovely sunny weather we've been having is coming to an end... but don't worry, we can make those Winter nights less gloomy!

We still have a few slots available for you and your friends to play a game of football, basketball, netball, badminton - the choice is yours!

Uplands Sports Centre
01892 782136
admin@uplandssportscentre.co.uk



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