

UPLANDS SPORTS CENTRE

01892 782136

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JUNE 2015 NEWSLETTER

Wimbledon Summer BBQ - holiday clubs - half rack - Insanity

What's on this Summer...

As the schools break up for the holidays, there are a lot of days to fill, and we have the ideal solution for your children - our holiday clubs!

Run by Premier Sports, your child can take part in a variety of activities, from golf to tennis, football to basketball, javelin to cricket... throughout July and August - [click to see the timetable](#).

And what's more, you can [save 30%](#) when you book before 20th July - that's just £11.90 per day.

Trampolining - Gymnastics - Tennis Coaching

We're also offering coaching through the summer for just £12.50 a session - please [email](#) or call 01892 782136 for more details.

Insanity... it's insane!

Our Insanity classes are more popular than ever!.. It seems everyone wants to join in the high intensity 45 minute workout! 3-4 minutes maximum interval training followed by 30 seconds recovery.

Why not come along and try a class yourself on Tuesday or Thursday evening - if you can't make it and would like a different time, or even a different class, we'd love to hear from you - just jot your comments down and post them in our Suggestions Box - then we'll see what we can do.

How to... Half Rack

Following on from last month's video of the dual adjustable pulley, this month we're focusing on the half rack. Whether you're looking to build muscle and increase strength in your back and biceps with chin ups, or aiming to tone your chest, triceps and shoulders with the dip bar, then the half rack is for you. It's a versatile piece of equipment, which also allows you to work your lower body with squats.

Take a look at the [video of Oli](#) showing what the half rack can do.

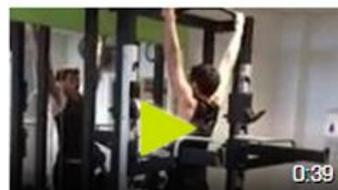
Book
now
to save
£££s

30% OFF!
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when you book
before 20th July



INSANITY

[Click](#) to read an article from the Daily Mail on how Insanity can burn up to 1,000 calories in just 45 minutes!



Have you used the dip bar attachments on our new...

Join us for our Wimbledon Summer BBQ
... come along on Wednesday 8th July

Bring your family and friends - from 6.00 - 9.00pm. Enjoy a glass of something cool and a bite of something hot and an evening with friends.

Price is just £4.00 per person for a burger or sausage in a bun or healthy wrap, a glass of wine or soft drink and to round it all off, strawberries & cream... vegetarian option available!

Don't miss out, book your place today, by email or call on 01892 782136 - we look forward to seeing you on the 8th!



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