



UPLANDS SPORTS CENTRE

20 years of fitness 1998-2018



✓ Free WiFi
✓ Sky Sports

Welcome back Simon

... yes, he's back and we're all so pleased to see him - he'll be teaching Thursday's HITT, Active Plus and Cardio Boxing and all classes on Fridays - **book your places now!**

We also have some new classes, check out the timetable overleaf...



FREE ONE DAY PASS
Enjoy all our facilities for a day on us, visit www.uplandssportscentre.co.uk for a **FREE voucher!**

Join from less than a £1 a day!*

Gold Memberships

	Monthly	POPULAR	Annual	2 months free#
Single	£35		£350#	
Concession (Student/OAP/Universal Credit)	£30		£300#	
Couple	£60		£600#	
Family(2 adults & 1 child) (Additional family members charged at £20 each)	£80		£800#	

- ✓ All classes included - *including yoga & pilates*
- ✓ Unrestricted gym access
- ✓ Discount on Sports Hall Hire

Pay as you Go single sessions £7.50 a class or gym session - discounts available, please ask at reception

New timetable and classes overleaf >>

* Calculated on single concession membership - cheaper options available for couple, family & annual memberships

