



# BIG OPEN WEEKEND

12 - 13 MARCH

FANTASTIC OFFERS ALL WEEKEND!

## TRY OUR FACILITIES FOR FREE

We have loads of activities available perfect for all the family!

Please *Speak to a member of our team* for more details or *just drop in on the day!*

let's do **MORE**

# TRY OUR FACILITIES FOR FREE

Our friendly team look forward to showing you around!

Enjoy a range of activities and taster sessions.

Unless stated, there's no need to book, just drop in.

## ADULT & JUNIOR GYM SESSIONS

Saturday & Sunday 9am - 6pm

Our friendly fitness team will be on hand to help, show you around and provide free, on-the-spot inductions.

We can also provide you with a FREE Boditrax Scan, *THE* body composition tool to assess more than just your BMI.

## WORKOUT CLASS SESSIONS

These taster sessions are a great way to try out our most popular classes.

### Saturday

RPM 2pm - 12.45pm

Core 1pm - 1.30pm

HIIT 2.00pm - 2.30pm

Core 3.00pm - 3.30pm

HIIT 4.00pm - 4.30pm

### Sunday

RPM 2pm - 2.45pm

HIIT 3.30pm - 4pm

Classes will be held in either the Spin Studio or the Fitness Suite.

**Please call or speak to reception to book in advance.**

## GYMNASTICS DROP-IN SESSIONS

Join us for a taster of our kids gymnastics lessons!

Sunday

2pm- 4pm

## ADULT FOOTBALL DROP-IN SESSIONS

Saturday & Sunday

1pm- 4pm

## CYCLE TRACK SESSIONS

Bring your bikes and helmets, the whole family can cycle in a safe, secure environment.

Saturday & Sunday

12pm- 5pm

## INDOOR BOWLS SESSIONS

Saturday & Sunday

12pm- 5pm

## CLIMBING WALL SESSIONS

Saturday & Sunday

1pm- 3pm

**No need to book any of the above sessions, just turn up!**

**We can't wait to see you!**

## Shrewsbury Sports Village

Sundorne Road Sundorne Shrewsbury Shropshire  
SY1 4RQ Tel: 03450 007002

[shropshireleisurecentres.com](http://shropshireleisurecentres.com)



Shropshire Community  
Leisure Trust Ltd

Images for illustration purposes only, available activities may vary and can be subject to change.