

Date for Release	From	Contact Tel	Email
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**Title:**

## “50+ Fit Moves”

**Body:**

In late October, 20 members of the ladies 50+ 'Fit Moves' fitness class at Bradley Stoke Leisure Centre organised their very first social event. The ladies were treated to a day indulging in the relaxing settings of the Thermae Bath Spa and experiencing all that the new attraction has to offer.

One of the ladies said “It was an intriguing experience to be chatting and laughing with friends in steamy, warm water in an open air roof top bath, with the sun shining and not a single cloud in the entire sky to obscure it”. It was a perfect day out and the whole day was an amazing experience”.

Lisa Vyner, Leisure Operations Manager at Bradley Stoke Leisure Centre said “It's great to see that the ladies in the fitness class place an enormous emphasis on the social aspects of their class as well as focusing on the fitness and health benefits”. She continued “Planning social excursions regularly helps everyone in the class to get to know each other that little bit better and helps the group to work as a team in classes”.

The ladies have already planned their next event, which will take place after their last fitness class before Christmas. They have booked an early Christmas lunch at the local carvery.

So why not join the fitness class and join in with the fun. The 50+ 'Fit Moves' class runs every Wednesday at 09.30am at Bradley Stoke Leisure Centre.

To book your place or for further details, please contact Bradley Stoke Leisure Centre reception on 01454 867050.

Alternatively you can visit our website for more information [www.sgleisure.org](http://www.sgleisure.org)

**Ends**

**Notes for Editors:**

- **South Gloucestershire Leisure Ltd** - South Gloucestershire Leisure Ltd is a charitable trust established in November 2005. It operates the five leisure centres in South Gloucestershire on behalf of South Gloucestershire Council. The Trust is overseen by a board of voluntary trustees.
- A photograph of the ladies fitness class on their excursion is available to accompany the story. To obtain a copy, please contact Marketing.

**South Gloucestershire Leisure**

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- **Press releases** - All press releases can be found online at: [www.sgleisure.org/press\\_releases](http://www.sgleisure.org/press_releases)

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