



Press Release

Date for Release	From	Contact Tel	Email
06/11/2006 For Immediate Release	Erica Cross Marketing Manager	01454 867065	erica.cross@southglos.gov.uk

Title:

“£120,000 Investment in Local Leisure Facilities”

Body

South Gloucestershire Leisure Trust has just completed a £120K refurbishment at two of their Bridges Health & Fitness Clubs. Kingswood and Thornbury Leisure Centres have just re-opened their gyms after having their facilities injected with new life. The refurbishment included full redecoration and introduction of new C.V. equipment. These were the last two sites to be revamped in-line with their other sites at Bradley Stoke and the recently refurbished Yate.

One of the main reasons people don't take part in regular exercise is because they lack the time. The new Technogym equipment which has been installed at the Leisure Centres has built in audio-visual technology, so customers can catch up on the latest soaps whilst having a workout! The new range also includes one of Technogym's newest pieces of equipment the 'Cardiowave' – which has taken the fitness industry by storm. This piece of equipment has been specially designed to tone and work the stomach, buttocks and back muscles. This has arrived in perfect timing – just as people are preparing to wear that 'little black dress' for this year's Christmas Party!!

James Clifford Senior Marketing Manager for the Leisure Trust said, “We are really delighted with the results following the recent refurbishments, and invite South Gloucestershire residents to come down and take a look for themselves. We offer a friendly, professional service to all members of the community and welcome all ages and abilities.”

Anyone wishing to contact Bridges for an informal chat is asked to call on 01454 865709 (Bridges at Kingswood) or 01454 865764 (Bridges at Thornbury). Or feel free to pop by and check out the new facilities for yourself. South Gloucestershire Leisure have a new website 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 four leisure centres in South Gloucestershire on behalf of South Gloucestershire Council. The Trust is overseen by a board of voluntary trustees.

- **Press releases**

All press releases can be found online at: www.sgleisure.org/press

South Gloucestershire Leisure

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