

Date for Release	From	Contact Tel	Email
08/01/2007 For Immediate Release	Erica Cross Marketing Manager	01454 867065	erica.cross@southglos.gov.uk

**Title:**

## “New Year - New You”

**Body:**

**As things might be a little tight after Christmas in more ways than one** Bridges Health & Fitness Clubs are offering new members 25% off the induction fee (at only £25.00). This one off fee includes your lifetime membership, personal health assessment and personal fitness programme. These gyms and staff are designed for people just like you – there is always someone on hand to ask any questions and your programme will be reviewed as you progress.

South Gloucestershire Leisure Trust operates Bridges Health & Fitness Clubs at all four of their sites; Bradley Stoke, Kingswood, Thornbury and Yate - which means there is a facility near you! If you have set yourself a goal for the New Year then why not go along and pay them a visit? They pride themselves on welcoming all ages and abilities so whether you are joining for the first time or looking for a re-fresh there will be plenty of qualified staff on hand to offer help and advice.

**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\\_releases](http://www.sgleisure.org/press_releases)

**South Gloucestershire Leisure**