

Date for Release	From	Contact Tel	Email
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Title:

“Don't miss out on FREE Spinning sessions”

Body

Spinning Classes arrive at Thornbury Leisure Centre on Monday 17th September. To celebrate Thornbury Leisure Centre will be pedalling off with FREE taster sessions for all customers between Monday 17th and Sunday 23rd September. Why not come down, join in, discover and experience what makes Spinning the UK's fastest growing fitness class.

Spinning classes take place indoors, as a group activity on stationary bikes. Each individual can set their own level to suite their own specific fitness level. The class is specially developed, to be non-competitive and inclusive to all. Spinning improves your general fitness, tones muscles and is a great way to burn calories.

Don't miss out!! To book your place or for further details please contact Thornbury Leisure Centre Reception on 01454 865777.

Images



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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