

Date for Release	From	Contact Tel	Email
28/11/2006 For Immediate Release	James Clifford Senior Marketing Manager	01454 867065	James.clifford@southglos.gov.uk

Title:

“What a year...”

Body

Kingswood Leisure Centre is celebrating a fantastic year. Since the launch of South Gloucestershire Leisure Trust in November 2005, the centre based on Church Road has seen a wealth of investment in facilities to keep it up to date with modern fitness activities.

In September a disused room was converted into a state of the art Spinning Studio – Spinning is the most popular exercise class in the UK – you get on a bike and pedal, under the guidance of qualified instructors you get a whole body workout. The total investment in this room, which also doubles as a space for yoga and Pilates classes has been £40,000 ensuring high tech sound and lighting systems and environmental controls to make working out as comfortable as possible.

This month has seen the re-launch of Bridges Health & Fitness Club over £60,000 has been spent on replacing equipment in the club ensuring the equipment on offer is state of the art – allowing you the opportunity to watch your choice of TV programme as you work out. Bridges has also undergone a transformation and matches the brand colours and identity which are used across the rest of the clubs facilities in South Gloucestershire.

Centre Manager Lisa Vyner is delighted with the results ‘The changes I’ve been able to oversee since the launch of the trust have been amazing, it certainly means that the community have a leisure centre that they can be proud of.’

And the investment doesn’t stop there; Ms Vyner continued ‘We’ve planned a redecoration scheme during the Christmas break. So we’ll be hard at work giving the whole centre a spruce up, in time for our planned ‘Come & Try day in the New Year, I’d encourage you all to pay us a visit – you’ll be surprised at what you’ll find inside!’

Kingswood Leisure Centre is on Church Road, Staple Hill, BS16 4RH.

Ends

South Gloucestershire Leisure

Head Office, Bradley Stoke Leisure Centre, Fiddlers Wood Lane, Bradley Stoke, South Gloucestershire. BS32 9BS

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Registered as a Limited Company in England and Wales No. 05384234. Registered Charity No. 1111467

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

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