



# Press Release

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

## **“New Fitness Classes, To Get Your Heart Going”**

**Body**

Kingswood Leisure Centre has expanded its fitness class schedule and has introduced three new classes. Yogalates! Is a new class which combines the flexibility elements of Yoga with the strengthening and toning benefits of Pilates. This new class is now held every Monday at 10.30am. For those seeking something a bit more active, a new step aerobics class is also available on Wednesday mornings at 09.30am. Both classes conveniently run whilst crèche is on enabling parents and carers to exercise safe in the knowledge that their child is safe, having fun.

If you are totally new to exercise, or fancy trying something different, then why not take up the opportunity to join in with our new Beginners Aerobics class on Thursday evenings at 7pm.

For further information or bookings please call Kingswood Leisure Centre on 01454 865701 ([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 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](http://www.sgleisure.org/press)