



Press Release

Date for Release	From	Contact Tel	Email
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Title:

“Trust Increases Sports Activities in Thornbury”

Body:

South Gloucestershire Leisure Trust has continued to expand the range of sports and leisure facilities which it provides on behalf of South Gloucestershire Council, to the residents of South Gloucestershire.

Thornbury Leisure Centre now runs over 300 activities each week. The centre offers a massive range of courses including Judo, Soccer School, Tai Chi, Fencing and Cheerleading. There are over 44 fitness classes running seven days a week, including Aquafit, Kickboxing, Aerobics and the UK's most popular fitness class, Spinning. Since its launch in September, Spinning classes at Thornbury have proved particularly popular with over 1,000 people having already attended a class. Thornbury Leisure Centre also provides Squash, Badminton and Bowls facilities, children's Softplay area and Crèche.

Chris Gowen, Marketing Assistant said "Healthy recreation is important for the health and wellbeing of the residents of South Gloucestershire and is vital in the fight against obesity and improving quality of life". He continued "South Gloucestershire Leisure Trust has continued to expand the number of activities that it runs at Thornbury Leisure Centre and to promote the great health benefits that can be achieved through a healthy lifestyle".

The centre also boasts excellent gym facilities, with the 45 station Bridges Health and Fitness club and a 25 metre main swimming pool, with integrated small pool. With so many facilities available to the local community, there is something for all ages and all abilities.

For more information on the sports facilities available or to book your place on a session, call Thornbury Leisure Centre on 01454 865777.

Alternatively you can visit our website for more information 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 five 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

South Gloucestershire Leisure

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