

Date for Release	From	Contact Tel	Email
10/07/2006 For Immediate Release	Erica Cross Marketing Manager	01454 867065	erica.cross@southglos.gov.uk

Title:

“Something to get your Heart Racing”

Body

Classes have arrived @ Kingswood Leisure Centre today (10th July). South Gloucestershire Leisure Trust has refurbished an old facility to provide a new Spinning Studio. This is the second Leisure Centre in their group to offer this style of fitness class. Bradley Stoke Leisure Centre has been offering Spinning Classes for the past month and they have proven very popular with a wide range of people.

Spinning is the fastest growing fitness classes in the UK, taking place on stationary bikes within a group environment. The activity is specially developed, not to measure one person against another and everyone within the group meets their own goals. Spinning improves your general fitness, tones muscles and is a great way to burn calories.

To book your place or for further details please contact the Leisure Centre Reception on 01454 865701.

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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