

Date for Release	From	Contact Tel	Email
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Title:

“Something to get your Heart Racing”

Body

Spinning Classes arrive at Thornbury Leisure Centre on Monday 17th September. South Gloucestershire Leisure Trust has invested in refurbishing and transforming its weights room to provide a new Spinning Studio. This is the fourth Leisure Centre within South Gloucestershire Leisure Trust to offer this style of fitness class which has proven very popular with a wide range of people.

Spinning is still the fastest growing fitness class 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.

Thornbury Leisure Centre will be pedalling off with FREE taster sessions to customers between Monday 17th and Sunday 23rd September.

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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