



Press Release

Date for Release	From	Contact Tel	Email
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Title:

“Spinning Success”

Body

Spinning Classes have been hailed as a huge success. Classes pedalled off at Thornbury Leisure Centre on Monday 17th September, with free taster sessions. Each class was at full capacity or near full with customers experiencing why Spinning is still the UK's fastest growing fitness class.

Spinning which takes place indoors, is a group activity on stationary bikes. Using the tempo of music, the instructor leads from the front and varies the pace and level throughout the session. It is a fantastic way to burn calories and tone muscle.

To book your place on the next Spinning class or for further details please contact Thornbury Leisure Centre Reception on 01454 865777.

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_releases

South Gloucestershire Leisure

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