

**EXCLUSIVE MEMBERSHIP OFFERS AVAILABLE**



# FREE FIVE DAY PASS\*

## PLUS WIN A HAMPER WORTH £2,000

We're giving you the opportunity to try out the facilities at Grange Paddocks for five days absolutely free.\* Simply show this leaflet at reception to redeem. You will also be given a raffle ticket for entry into our free prize draw\*\* where you could WIN an Activity Hamper worth over £2,000 including...

- Four personal training sessions
- One year all-inclusive gym membership for two adults and two children
- One year of swim lessons for two children
- Four Saracens tickets
- £25.00 Zoggs voucher
- A children's party
- Family fun swim at Coral Reef
- Family ice skating session at Sapphire Ice and Leisure
- Bottle of fizz

The winner will be announced via Facebook on Monday 25th March 2019 so please follow us at [facebook.com/eaGrangePaddocks](https://facebook.com/eaGrangePaddocks)

WISHING **EVERYONE** THE BEST OF LUCK!

Grange Paddocks Leisure Centre 0127 965 2332

\* New customers only. Cannot be sold or exchanged for cash. Cannot be used with any offer applicable at the centre. An Everyone Active form must be completed when redeeming the pass. Booking is essential to validate the pass. One pass per person to be redeemed. Subject to availability and centre programme. Facilities will vary between centres. Check online for facilities at your local centre.

\*\* Terms and conditions apply. You must be over 18 and have an Everyone Active card. New members only. All prizes need to be redeemed by 31st December 2019.

# EVERYONE IS WELCOME

## 18-24 MARCH 2019

AT GRANGE PADDOCKS LEISURE CENTRE

A week of free activities and  
fun events for all ages.

Everyone Active manages this facility in partnership  
with East Hampshire District Council.



everyone  
ACTIVE



**Grange Paddocks Leisure Centre has all the facilities you could ever want to help you reach your fitness goals and stay active.**

Our state-of-the-art gym features over 100 pieces of the latest equipment, while our 25m swimming pool and learner pool are perfect for swimmers of all abilities. We have a fantastic group exercise space which plays host to a wide range of classes.

We're sure we can help you find one that's right for you. Those who also enjoy outdoor sports can enjoy our 12 outdoor pitches, while runners of all abilities can also tackle our 1,500m outdoor trail.

## A GUIDE TO SOME OF OUR ACTIVITIES...

### Swimming lesson tasters

Introduce your child to swimming with our experienced team using special techniques amongst songs and games in our learner pool (4-18m) or further develop your child's or your own ability in our main pool (19-36m). Try our taster sessions to find out how you or your child can benefit from swimming lessons today.

### Group exercise classes

Try an intense session like BODYPUMP™, HIIT, Zumba® or Group Cycling or one of our more relaxing and less strenuous classes such as Pilates, Aqua Fit or Yoga.

### Boot Camp

Our Boot Camps are designed to be fun and dynamic for people of all abilities! They're made from a combination of cardio, weighted and body-weight based exercises in a fast paced environment!

### Health MOT

Check in with our expert team for your free Health MOT. Learn how to improve your Health based on metrics such as BMI, Body Fat Percentage and use these to identify potential health risks.

### Walking group

Join us for a gentle walk around the green fields surrounding Grange Paddocks. This session is open to all ages and abilities. You enjoy the fresh air whilst being active alongside our fitness team.

## WHAT'S GOING ON DURING THE WEEK...

### Monday

6.15-7am BODYPUMP™ Express  
7.15-8am Group Cycling  
9.45-10.30am BODYCOMBAT™ Express  
11am-12.30pm Walking Group  
5-5.30pm Group Cycling Express  
5.45-6.30pm LBT

### Tuesday

9-9.30am BODYPUMP™ Express  
11.30am-12.15pm LBT  
5.15-6pm Boot Camp  
5.30-6pm HIIT  
6.30-7pm Swim technique clinic (adults)  
8.15-9pm Aqua

### Wednesday

7-7.45am Group Cycling  
11.45-12.30am Group Cycling  
12.30-1pm HIIT (outdoor class)  
19:30-8.30pm Health Assessment Clinic  
7.45-8.15pm HIIT

### Thursday

9-9.30am BODYPUMP™ Express  
10.30-11am Parent and child (4-18m) Swim Lesson  
11-11.30am Parent and child (19-36m) Swim Lesson  
11.30am-12.15pm Aqua Fit  
11.30am-12.30pm Forever Fit (60+)  
6.30-7.15pm Aqua Fit  
7.15-8pm BODYSTEP™ Express

### Friday

7.15-7.45am Group Cycling Express  
9:30am-12pm Health Assessment clinic  
4-6pm Swimming lesson drop in assessments  
5.30-6pm BODYSTEP™ Express  
6-6.30pm CXWORX™ (core)  
6.30-7.15pm BODYCOMBAT™ Express  
7.15-8.15pm BODYPUMP™

### Saturday

9-10am BODYATTACK™  
10-11am BODYSTEP™  
1-1.45pm Boot Camp  
4-5pm BODYBALANCE™

Timings are correct at time of going to print but may be subject to change.

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**SPACES ARE LIMITED IN EXERCISE CLASSES SO BOOK YOUR PLACE TODAY BY CALLING 01279 713595**