

# COME AND JOIN OUR NEWLY EXTENDED GYM

## NEW EQUIPMENT & BIGGER SPACE

### SPALDING HIGH SCHOOL FITNESS & LEISURE CENTRE

1 week's

# FREE

## gym and class usage throughout January

For more information please  
contact the centre on the  
number below or pop in

### SPECIAL RATE

6 or 12 month gym  
memberships available

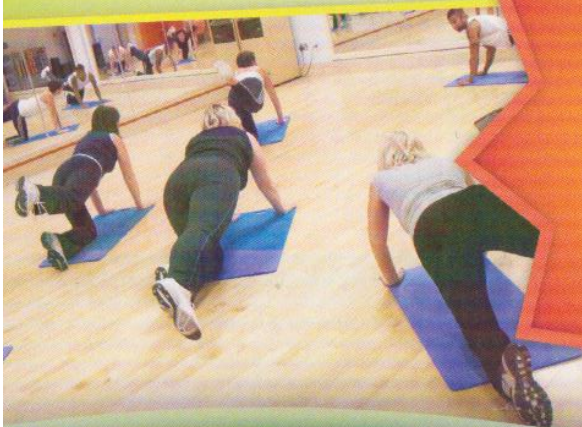
12 months

# £120

6 months

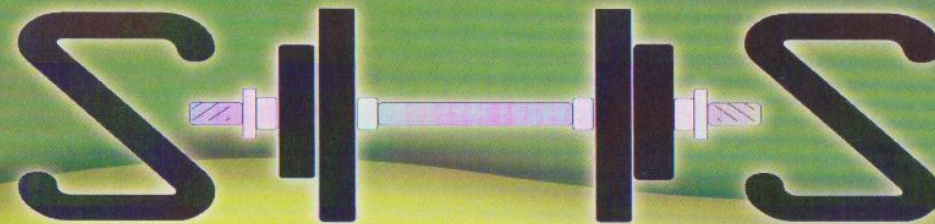
# £70

one off cash payment



Tel: 01775 719736

Spalding High School Fitness & Leisure Centre, Matmore Gate, Spalding, PE11 2PJ



### SHS FITNESS & LEISURE CENTRE

#### MASSAGE AND SPORTS INJURY TREATMENT NOW AVAILABLE

#### Opening Times

Monday to Friday	5.00pm - 10.00pm
Saturday and Sunday	9.00am - 3.00pm

#### Gym Prices

Casual Workout	£4.50
Monthly Membership	£17.50*
Monthly Membership inc. classes	£25.00*
Joint Monthly Membership	£30*
Students in F/T education	£70**
* Monthly membership paid by Direct Debit (12 month contract)	
** Annual membership paid up front in cash	
Option of a casual cash payment of £35.00 per month	



#### Massage Treatments

1 hour full body relaxing massage	£40
1 hour deep tissue/sports injury treatment (concentrating specific areas)	£30
30 min deep tissue/sports injury treatment (concentrating specific areas)	£20
30 min back, neck and shoulder massage	£20

#### Exercise Classes

Legs, Bums and Tums	Monday	6.00pm to 7.00pm
Multi Mix	Wednesday	6.00pm to 7.00pm

All exercise classes £4.50 each or book 10 sessions for £40

#### Sports Hall Prices

Full Sports Hall	£30 per hour
Half the Sports Hall	£15 per hour
5 a-side Football	£30 per hour
Badminton Court	£7.50 per hour
Tennis Court	£25 per hour

Concessions for block bookings

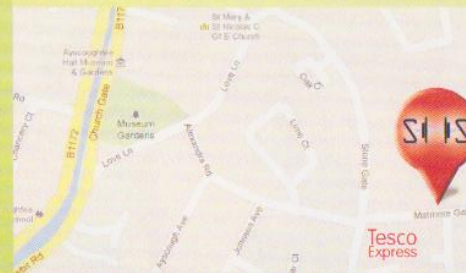
#### Outdoor Facilities

Netball Court	£15 per hour
Tennis Court	£10 per hour
Outdoor Football Pitch	£15 per hour

#### Birthday Parties

· Bouncy Castle	} £75 for 1½ hours. £90 for 2 hours. You bring the food and drink, we provide the tables and chairs.
· Dance Mats	
· Disco	
· Football	
· Netball	

Call or drop in for more information



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