

# WHAT'S ON GUIDE

## January - March 2018

Jan 8th - 21st	<b>Try IT! Fortnight</b>	Lost the love of the exercise regime you're following? Like to sample something different? Let's help you get back your buzz! TRY IT fortnight is coming! It's your chance to book on to some fantastic new programmes and services to recharge your routine.
Jan 27th	<b>Member &amp; Guest Open Day</b>	Here's your chance to invite friend's, family and colleagues to enjoy full access to our club for a whole day, completely FREE of charge as your guest. We will be running a host of activities, competitions, free sessions and gifts over the day for you all to enjoy.
Jan 29th - Feb 4th	<b>PT Week</b>	Open to both members & Non-members. Special taster session offers, this week only. Having a personal trainer can save you a lot of time, frustration and pain in your journey to achieve your health and fitness goals.
Feb 5th - 18th	<b>"Tribe" Small Group P.T Enrolment Fortnight</b>	Gym training for small groups - there's no better way to get fit and get friendly. We're headhunting for small groups of between 4 and 8 people to get stuck into Tribe: a fantastic series of 45 minute training sessions at our gym. Supervised by one of our chief fitness trainers over 6 or 12 weeks - your call - you'll have the opportunity to enjoy training with an intimate Tribe class at the same time every week.
Feb 24th	<b>Member &amp; Guest Day</b>	Here's your chance to invite friends, family and colleagues to enjoy full access to our club for a whole day, completely FREE of charge as your guest. We will be running a host of activities, competitions, free sessions and gifts over the day for you all to enjoy.
Feb 26th - March 18th	<b>Join the "Wear The Shirt" Promotion</b>	Get a new programme. Enter our 14 workouts in 42 days challenge and win a Club T-Shirt.
March 24th	<b>Member &amp; Guest Day</b>	Here's your chance to invite friends, family and colleagues to enjoy full access to our club for a whole day, completely FREE of charge as your guest. We will be running a host of activities, competitions, free sessions and gifts over the day for you all to enjoy.
March 26th - April 8th	<b>This Girl Can Fortnight</b>	We celebrate the efforts our female members and their friends with a fortnight of bookable activities and sessions specially designed for the girls!

We pride ourselves on providing the most up to date and cutting edge selection of fitness services for our members to enjoy. Whatever your current fitness level, experience or goal, we have got something in our comprehensive range of programmes that will be right for you.

- Personal Training
- Small Group Gym Training Courses
- Learn To Use Equipment Familiarity Sessions
- 4 & 6 Week Specialist Programmes
- 21 Day Online Diet & Exercise Programmes
- DNA Testing
- Boditrax Precision Composition Analysis
- Event Challenges
- Club Member Holidays
- Reprogramme Sessions
- Supplement Services
- Walking Programmes

### **Interested?**

Visit [www.lordswood-leisure.co.uk](http://www.lordswood-leisure.co.uk)  
or call 01634 682862  
and ask for James McDonald

Gym Manager

## **SPECIAL FITNESS SERVICES NEW YEAR OFFER**

**SAVE £10**

**£10 Gift Voucher OFF any  
FITNESS SERVICE of your choice**

Please present this voucher at the time  
of purchase to receive your discount

**MUST BE REDEEMED BY 31st MARCH 2018**