



ACTIVE LIFESTYLES NEWSLETTER WEST WICKHAM LEISURE CENTRE

START 2010 AS YOU MEAN TO GO ON!

I would like to take this opportunity to welcome you all into 2010 at West Wickham Leisure Centre and make you fully aware that most of our 2009 prices are frozen into 2010, helping you to keep your favourite activities affordable.

For full details please see our new 2010 price lists that are up in our centre and also available for you to take away. Please also be aware that if you are doing two or more activities in our centre each week you could save money with our wide range of membership options. Feel free to contact us or speak to a customer advisor on your visit so we can advise you of the best options available.

CONTACT US ON

west.wickham@bromleymytime.org.uk

020-8777-5686

and select option '3'



WE'VE GOT YOUR NEW YEAR'S RESOLUTION

Great value gym memberships from just £29.50

**No 12 month contract
No joining fee**

Spa at Bechtelham	020 8650 0233
The Pavilion Leisure Centre	020 8313 9911
The Walkers Leisure Centre	01689 870 533
West Wickham Leisure Centre	020 8777 5686
Darwin Sports Centre	01959 540606

mytime
www.bromleymytime.org.uk

Our wide range of membership options from **just £29.50** per month all come with our bespoke ActiveNow! induction journey. Your goals and needs will be discussed, measured and achieved over five 1-2-1 appointments with one of our fully qualified fitness team. We offer hands on support to help you achieve your goals!

BOSU BALANCE - GYM CHALLENGE

YOUR CHANCE TO WIN AN IPOD!!!



Our fitness team would like everyone to focus on working their core muscles as we start off 2010. You might have seen the Bosu balance board in our gym for some time, but we would now like you to reap the benefits of this piece of equipment and see how it can form part of your workouts.

SATURDAY 23rd JANUARY to SUNDAY 31st JANUARY

The challenge is simple;

- ◆ Balance in a crunch position on the Bosu
- ◆ Receive and return a medicine ball to an instructor
- ◆ Points earned for each successful catch and return, points lost for dropping the medicine ball or your feet touching down on the floor
- ◆ The most points wins, and **EVERYONE** gets a great workout!

HAVE A GO ANYTIME OF THE DAY - JUST ASK AN INSTRUCTOR!!!

LEARN EVEN MORE WAYS TO WORK YOUR CORE IN YOUR WORKOUTS!

ASK ABOUT OUR SPECIAL OFFERS ON 1-2-1 PERSONAL TRAINING!!!



BOSU - BOth Sides Up

LEARN THE BENEFITS OF KETTLEBELLS

BEGINNERS AND ADVANCED COURSES NOW AVAILABLE!

4 week course
£16 / £20
Memb / non-memb

Would you like a new innovative addition to your workouts?
Would you like to see fantastic conditioning results in a very short amount of time?

Kettlebell training is your answer!

Take this opportunity to try out a new way of exercising by coming along to one of our **FREE TASTER SESSIONS** on **Wednesday 10th February** and **Wednesday 17th February 2010, 20:30 to 21:00**. Located in the exercise studio, our Kettlebell Instructors will give you an idea of how beneficial this exercise tool is.

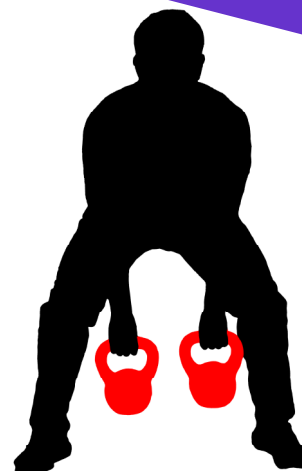
BEGINNERS COURSE

Register your interest by contacting
oliver.dawson@bromleymytime.org.uk

ADVANCED COURSE

Wednesday 20.30 - 21.00
Starting 24th February 2010!

Only 6 places
available!



**FREE TASTER SESSIONS
IN FEBRUARY!**

Ask a member of the gym team to book onto your kettlebell course today!

GROUP EXERCISE

Group Exercise is a fantastic option for anyone who is: new to exercise, would like a spur of the moment session or just an alternative to their regular workouts! It is structured, fun and will definitely leave you feeling like you have achieved something when you leave the studio!

Our BTS classes are well known, structured and above all fun! Give them a try on your next session, you could even bring a friend. Remember classes are included in all full Bromley Mytime memberships!



Tuesday 19:30 - 20:30
Thursday 09:30 - 10:30 & 18:30 - 19:30
Saturday 11:00 - 12:00
Sunday 09:30 - 10:30



Tuesday 18:30 - 19:30
Wednesday 19:30 - 20:30

PHYSIOACTIVE

West Wickham Leisure Centre is proud to have a Physioactive clinic situated right next to our dance Studio. Allowing a seamless transition between the physio and the exercise aspects of your active lifestyle.

FREE 15 MINUTE PHYSIO CONSULTATIONS!



Monday 18th January to Friday 22nd January inclusive

The Physioactive clinic at West Wickham are offering everyone the chance to have a **FREE 15 MINUTE CONSULTATION** with them, a fantastic opportunity to get an assessment, advice and injury prevention tips from physiotherapist professionals. An opportunity not to be missed! Call the number below to book onto your free consultation, spaces are limited and you must pre-book so call today!

Call 020 8857 6000 now to book!

Don't forget to visit our website for all the latest information
about all of the products that we have on offer!

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