



GET FIT FOR FREE

Free Squash/Racket Ball (Booking Essential)
Tuesday & Thursday 10am – 12pm

Free Badminton/Short Tennis at Mill House Leisure Centre (Booking Essential)
Saturday & Sunday 10am – 12pm

FREE CLASSES

	MILL HOUSE LEISURE CENTRE	BRIERTON SPORTS CENTRE	HEADLAND SPORTS CENTRE
FITNESS CLASSES	Good Boost Land (Booking Essential) Monday 6pm – 7pm	Body Conditioning Monday 8.30am – 9.15am	Pay & Play Badminton Monday 2.00pm – 3.00pm
	Good Boost (Aqua) (Booking Essential) Tuesday 6.30pm – 7.15pm	Circuit Training Thursday 6.00pm – 6.45pm	Boxfit Circuit Thursday 10.00am – 11.00am
GYM SESSIONS	Monday, Wednesday & Friday 2-3pm	Saturday 11:00am-1:00pm	Monday, Wednesday and Friday 7:00am-8:00am

CONTACT

Mill House Leisure Centre Tel:
01429 523338 Raby Road,
Hartlepool, TS24 8AR

Brierton Sports Centre Tel:
01429 523338 Brierton Lane,
Hartlepool, TS25 4AF

Headland Sports Centre Tel:
01429 523338 Union Street,
Headland, Hartlepool, TS24 ONZ

activehartlepool.co.uk



Gym inductions, Headland Sports Centre, Monday & Wednesday, 12pm

Programme to run from 1st July – 30th September



Active Hartlepool

