



# GET FIT FOR FREE

## Free Swimming:

Friday 7.30pm – 8.00pm

## Masters Swim Training (Age 18+):

Monday 8.00am – 9.00am

## FREE CLASSES

	MILL HOUSE LEISURE CENTRE	BRIERTON SPORTS CENTRE	HEADLAND SPORTS CENTRE
<b>FITNESS CLASSES</b>	Spinning Tuesday 6.30am – 7.15am	Indoor Racket Games Tuesday 3.00pm – 4.00pm	Pay & Play Badminton Monday 2.00pm – 3.00pm
	Spinning Sunday 9.15am – 10.00am	Indoor Racket Games Thursday 3.00pm – 4.00pm	Indoor Racket Games Saturday 10.00am – 12.00pm
<b>GYM SESSIONS</b>	Thursday 2.00pm – 3.00pm	Saturday 11.00am – 1.00pm	Monday 1.00pm – 2.00pm

Gym Inductions (Booking Essential): Headland Sports Centre, Wednesday - 12pm

**Programme to run from 5th January 2026 – 31st March 2026**

## 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](http://activehartlepool.co.uk)



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