

Fitness Timetable

Headland Sports Centre



Hartlepool
Borough Council



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pay & Play Table Tennis 10.00am - 12.00pm	Low Level Circuit 10.30 - 11.30am	Chairobics 11.15am - 12:00pm	Silent Dance Aerobics 9.15am - 10.00am	Low Level Circuit 10.00am - 11.00am
Pay & Play Badminton 2.15pm - 3.15pm	Chair Pilates 11.45am - 12.15pm	Pilates 12.15pm - 1:00pm	Circuits 10.00am - 11.00am	Abs Blast 5.15pm - 5.45pm
Step & Tone 5.15pm - 6.00pm	Cycle Fit 5.00pm - 5.45pm	Social Dance 1.00pm - 3.00pm	Pay & Play Short Tennis 2.15pm-3.15pm	
Full Body Workout 6.00pm - 6.45pm	Pilates 6.00pm - 6.45pm		Body Sculpt 5.15pm - 6.00pm	
			Abs Blast 6.00pm - 6.30pm	

For all prices, please visit www.activehartlepool.co.uk
or please speak to a member of staff

Cancellations

Cancelled bookings will be charged if less than 48 hours notice is given. Failure to pay for outstanding fees may result in the suspension of an individuals Get Hartlepool Active Card membership. Correct at time of print. Please note that times may vary and you should contact reception or alternatively check our website for the latest updates.

Free to all memberships inclusive of fitness classes.
Membership available on a monthly basis, please ask reception.

Fitness classes can be booked online by visiting
https://activehartlepool.gladstonego.cloud/en_GB/book

***Correct at the time of printing, June 2026. For more information
please visit our website, our social media pages or contact
reception.**

