



# AUGUST 2017 Fitness Programme

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10.00am - 11.00am Dawn's Seniors (o)	9.15am - 10.45am Cardio Club	10.00am - 11.00am Dawn's Seniors (o)	9.00am - 10.00am Cardio Core	10.00am - 11.00am Dawn's Seniors (o)
1.30pm - 2.30pm Pilates (***)		6.00pm - 6.45pm Indoor Cycling 45 (**)	10.00am - 11.00am Cardio Plus & Club	11.15am - 12noon Stretch, Tone & Relax (o)
1.30pm - 3.30pm Young At Heart (*)	6.00pm - 6.45pm Indoor Cycling 45 (**)	7.15pm - 8.00pm Circuits	11.15am - 12.15pm Gentle Yoga (***)	 <b>Gym &amp; Fitness Suite</b> <b>Opening Times</b> Monday 8.00am - 10.15pm Tuesday 8.00am - 9.45pm Wednesday 8.00am - 10.15pm Thursday 8.00am - 8.30pm Friday 8.00am - 6.00pm Saturday 8.30am - 5.00pm Sunday 8.30am - 12.30pm <i>Hours may be subject to change in school summer holidays</i>
5.30pm - 6.15pm Core Training			6.00pm - 6.45pm Retro Step (**)	
6.30pm - 7.30pm Cardio Plus	 	7.15pm - 8.00pm Kettlebells	<b>SUNDAY</b>  9.30am - 10.15am Indoor Cycling 45 (**)	

All Classes: £4.50 (Exc Pilates & Yoga)  
 \* = £3.20 per class  
 \*\* = Reserve your place, call 01305 824378  
 \*\*\* = £5.50 per session  
 o = £4.80 per session

Find us on Facebook 



## Gym & Fitness Complex

### Fantastic Equipment

- 1 Cardio/Rehab Suite
- 2 CV & Beginners Room
- 3 Free Weights/ Bodybuilding

Great Value!!!

Monthly Packages

Available Unlimited Use

### Opening Times

Monday	8.00am - 10.15pm	<i>Hours may be subject to change in school summer holidays</i>
Tuesday	8.00am - 9.45pm	
Wednesday	8.00am - 10.15pm	
Thursday	8.00am - 8.30pm	
Friday	8.00am - 6.00pm	
Saturday	8.30am - 5.00pm	
Sunday	8.30am - 12.30pm	

Session Fee  
**ONLY £4.80**  
**OR £4.00**  
 (Sport For All) AT LISTED TIMES

# Fitness @ Osprey



**OSPREY**  
 LEISURE CENTRE

# Whats On Guide AUGUST 2017



## 2017 Membership Packages



Option One

**£348.00**

WITH 2 MONTHS EXTRA FREE \*  
 Annual Upfront Payment (equal to £24.86 per month)



Option Two

**£29.00**

Per Month (minimum 12 months) \*



Option Three

**£34.00**

Per Month (minimum 2 months) \*

Option Four  
 11 sessions for the price of 10

**PLUS**  
 also available

Option Five  
 Pay and play/  
 pay as you go

\* Option 1, 2 & 3 exclude Indoor Cycling and specialised fitness classes but these cost £1.00 per time with a membership card

Osprey Leisure Centre  
 "The Place To Be For A Fitter Life"

Telephone:

**01305 824378**

Find us on Facebook 



Castletown • Portland • Dorset • DT5 1BD  
[www.ospreyleisure.co.uk](http://www.ospreyleisure.co.uk)



## Pilates

**Monday** 1.30pm - 2.30pm  
**Cost:** £5.50 per session



## Dawn's Seniors

**Monday** 10.00am - 11.00am  
**Wednesday** 10.00am - 11.00am  
**Friday** 10.00am - 11.00am  
**Cost:** £4.80 per session



## Public Booking Info

5-a-side/Basketball £41.00 per hour  
Badminton £9.50 per hour  
Squash £7.50 per 45 mins  
Table Tennis £6.00 per hour (inc. hire)  
FREE RACKET HIRE - deposit required • Squash Balls/Shuttles for sale

To book simply give us a call on 01305 824378  
(for a regular booking contact Aaron Riley - Operations Manager  
on info@ospreyleisure.co.uk)

## Sport For All Sessions

"Designed to encourage a healthier and more active lifestyle for all, this club gives a daytime choice that's hard to beat ..."

### Activities Included

- Swimming
- Badminton/Squash
- Gymnasium  
(must hold an Osprey Induction Card)



### CLASS DETAILS:

Days/Times: Monday (11.30am - 1.30pm)  
Wednesday (11.30am - 1.30pm)  
Thursday (11.30am - 1.30pm)  
Friday (11.30am - 1.30pm)  
**Cost:** ONLY £4.00 (for 2 hours!!!)

Simply Turn Up ... and Enjoy!!!

## Cardio Club

Suitable for most people. Ideal for people with recent cardiac events. Supervised circuit class.

**Tuesday** 9.15am - 10.45am  
**Thursday** 10.00am - 11.00am  
**Cost:** £4.50 per session

## Cardio plus

A higher intensity CV based exercise session for those who are already active.

**Monday** 6.30pm - 7.30pm  
**Thursday** 10.00am - 11.00am  
**Cost:** £4.50 per session

## Cardio Core

Floor based session targeting postural muscles, flexibility and relaxation.

**Monday** 5.30pm - 6.15pm  
**Thursday** 9.00am - 10.00am  
**Cost:** £4.50 per session

## Adult Only Oasis Club

"A 'weekday' treat ... enjoy our facilities in this two hour club designed to give you a superb choice of activities at a great value price ..."

- Use of the Swimming Pool
- Gymnasium
- Squash/Racketball
- Badminton (Wednesday Only)

### CLASS DETAILS:

Days: Monday & Wednesday  
Time: 8.00pm - 10.00pm  
**Cost:** ONLY £4.00



## Public Swim Sessions

<b>Mondays</b>	11.30am - 1.30pm 2.30pm - 3.30pm 8.00pm - 10.00pm	Sport For All (+ lanes) ** Over 50's Oasis Club (+ lanes) **
<b>Tuesdays</b>	5.30pm - 7.30pm	Lane Swimming (2 lanes)
<b>Wednesdays</b>	10.30am - 11.30am 11.30am - 1.30pm 7.00pm - 8.00pm 8.00pm - 10.00pm	Adult Swim Sport For All (+ lanes) ** Public/Family (xxx) Oasis Club (+ lanes) **
<b>Thursdays</b>	11.30am - 1.30pm 6.00pm - 7.00pm	Sport For All (+ lanes) ** Lane Swimming
<b>Fridays</b>	9.30am - 10.30am 10.30am - 11.30am 11.30am - 1.30pm 4.30pm - 5.30pm	Over 50's Less Confident Swimmers Sport For All (+ lanes) ** Lane Swimming (xxx)
<b>Saturdays</b>	2.30pm - 4.30pm	Public/Family
<b>Sundays</b>	9.00am - 10.00am 10.00am - 12noon	Lane Swimming Public/Family

### Session Fees (xxx)

Adult Swim	£ 4.50	£ 3.60
Junior Swim (4-15yrs)	£ 3.00	£ 2.80
Family Swim (2 adults/2 juniors)	£11.70	£ 9.50
0 - 3 years	FREE	FREE

(8 years and younger must be accompanied by a fee paying adult ... maximum 2 children per adult)



**\*\* Only £4.00  
for upto 2 hours!**  
(Includes Swim/Gym/Badminton & Squash)

**AUGUST 2017**

Check out the website ...

[www.ospreyleisure.co.uk](http://www.ospreyleisure.co.uk)



## Walking Football

### For all Over 50s

**Wednesday** 12noon - 1.00pm  
**Cost:** £3.20 per session

## Adult Only

## Open Badminton

**Wednesday** 8.00pm - 10.00pm  
**Cost:** £4.00 per session  
Price also includes a swim

## Children's Parties

Pick up a party leaflet from reception for full details

## Savannah Hair Salon

Ladies & Gents  
Hairdresser

Telephone  
01305 820164  
to book an appointment.

Based at Osprey Leisure Centre