

YELL LEISURE CENTRE

SAV CIRCUITS

MONDAYS | 7PM - 7:45PM

£4.50

Circuit training is the ultimate fitness class, giving you high impact cardio training as well as working all of your muscle groups while incorporating bodyweight and weights.

Spinning Classes

Thursdays

5.30pm – 6.15pm

£4.50

You are advised to book as there are only 5 places per class

For more details please contact reception



‘the original and most popular
group cycling class’

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