

Join us this National Fitness Day for...

Oldham Central Community
**Health & Wellbeing
Event**

20TH SEPT 2023 | OLDHAM LEISURE CENTRE | 10AM TO 3PM

Blood Pressure Checks
Body Analysis **Diabetes Advice**
Health & Fitness Advice
Baby Weighing **Health Talks**
Fun Activities For Kids & Families
Free Guest Pass **Variety Of Free Classes**
Free Hand & Nail Treatment

FREE to attend – No booking required!

Organised in partnership with Central Primary Care Network practices, Oldham Community Leisure and NHS GM Integrated Care.



Oldham
active

NHS
Greater Manchester
Integrated Care



Class Timetable

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Studio One

Spin	7.05 – 7.50am
Virtual Spin RPM	8.30 – 9.00am
Virtual Spin The Trip	9.30 – 10.15am
Virtual Spin Sprint	10.30 – 11.15am
Spin	12.30 – 1.15pm
Virtual Sensory Spin	2.00 – 2.45pm
Virtual Spin The Trip	4.10 – 4.55pm
Virtual Spin The Trip	5.15 – 6.00pm
Spin	6.15 – 7.00pm
Virtual Spin Sprint	8.30 – 9.00pm

Pool

Aquacise	10.15 – 11.00am
Family Swim	1.00 – 2.00pm
Family Swim	2.15 – 3.15pm

Studio Two

Strong	9.30 – 10.15am
Strictly Dance	10.30 – 11.15am
Tai Chi	11.30 – 12.15pm
Zumba	12.30 – 1.15pm
Bodypump	5.15 – 6.00pm
Burlesque	6.30 – 7.15pm
Strong Nation	7.30 – 8.15pm

Sports Hall

Health & Wellbeing Event	10.00 – 3.00pm
Line Dancing	12.00 – 2.00pm

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Practices which belong to Central Primary Care network include:

John Street, St Marys, Chowdry Practice, Jalal Practice, Lindley Practice, Perkins Practice, Oldham Family Practice, The Duru Practice, Alexandra Practice, Greenbank Practice, Glodwick Practice & Hopwood Practice.

1DAY GUEST PASS

Enjoy 1 day free on us to us in the gym, to swim or in a class!

Name:

Tel:

Email:

Valid to: **30/10/23**

Centre:

Terms and Conditions

- This voucher is valid for 1 day only.
- Only one voucher per customer
- Present voucher at reception to claim your free entry
- All guests must agree to abide by the rules of the centre
- The management reserve the right to refuse admission without reason
- For Exercise Classes please book your place in advance
- All details must be completed on the front for the voucher to be valid