



Harpers at Blackwater Leisure Centre

harpers
health & fitness

Your guide to Harpers Fitness

BIG on fitness, **small** on cost.



**DO YOUR BIT
SAVE PAPER**

View this time table online
www.harpersfitness.co.uk
then click on our centre's home page

www.harpersfitness.co.uk

Harpers Fitness, so much more than a gym and pool...

At Harpers Fitness we ensure that you can make the most of every moment. Our centre is a fantastic, friendly place for all the family. Big on fitness and small on cost.

Facilities available at this centre:

Sports: 5 a side football, badminton, tennis, table tennis, basketball.

For the children: Learner and main swimming pool, parties, holiday activities, swimming lessons, junior Harpers Gym sessions (11-15 years old).

For the adults: Harpers Gym, group exercise classes, personal training, steam room and sauna, pay and play activities.

For the family: fun swimming sessions, swimming lessons, pay and play activities.

Work out with friends

Exercising in a group is an extremely enjoyable and motivating way to keep fit. With lots of exercise classes every week to choose from there is something for everyone. Pick up a copy of our group exercise programme or you can view the latest timetable on this centre's home page on www.harperfitness.co.uk

The 'Harpers Experience'

Take up the Harpers Experience programme and get the best possible start to your gym membership: discover exercise that you enjoy, agree an effective and enjoyable activity plan and achieve it.

The Harpers Experience will give you up to 12 weeks of tuition and will ensure you have someone available to see you at least once a week to guide you through different stages of the programme, including health checks and helping you to stay on track to achieve your fitness goals.

Junior Harpers

Junior Harpers is aimed at children aged 11-15 years. Delivered by our team coaches, the sessions are a fun introduction to health and fitness based in the Harpers gym. Why not come along and have a go on the treadmills or exercise bikes, do some press ups or sit ups!
Monday - Friday 15.30 - 17.15

Children's Activities:

Harpers Swim School

All Harpers Swim School lessons are instructed by Amateur Swimming Association (ASA) Qualified teachers and are available for children aged 3 years up to adults. Swim School offers 16 week courses at times to fit with most busy lifestyles.

Our prices are extremely competitive and we offer a direct debit scheme should you wish to spread the cost of your course. All of our courses follow the ASA's new National Teaching Plan for Teaching.

'Party Animals'

Your one-stop shop for a hassle free kid's party. You can choose from a selection of great party options then sit back and let us do the hard work! Party options include a range of sports and 2 specially themed parties.



Pay and Play

Here at Blackwater Leisure Centre we offer a variety of sports on a pay and play basis, if you fancy a game of badminton, tennis, football, hockey, basketball or table tennis, this is the place for you!

Café

Why not visit the café, and try our new range of freshly prepared meals and snacks.

Personal Training – get more from your workout

With sessions starting from just £20 personal training is now available for everyone. You can view our Personal Trainer's biographies in the gym or online at www.harpersfitness.co.uk.

Personal training is available for one off sessions or you can book a series to get better value for your money. And for those wanting regular sessions, direct debits can be set up with extra savings.

All of our Trainers are of the highest standard and go through our very own Personal Training Business Course and Movement Analysis Training with National Academy of Sports Medicine (NASM). You really will get the very best in one-to-one training!

Membership and 'pay and play'

We offer 'pay and play' which is perfect if you visit the centre occasionally, but if you are exercising regularly, whether it is early morning swims or your favourite keep fit class, you can achieve even more value for money by becoming a member.

As a member you can have unlimited access to the gym, the pool, all the classes and the health suite for a single low payment each month.

There is no need to worry about excessive membership charges and contracts.

At Harpers we will offer you a membership that's right for you – costing as little as 49p a day there's never been a better reason to join Harpers Fitness.



Information

Opening Times:

Monday – Friday	06.45 – 22.00
Saturday	07.30 – 18.00
Sunday	08.00 – 21.00

Did you know you can book activities on line?

visit www.harpersfitness.co.uk

Visit our on line fitness and nutrition shop

As a Harpers customer you will receive information on special offers and discounts.

www.harpersfitnessshop.co.uk and
www.harpersnutrition.co.uk

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www.harpersfitness.co.uk

