



Harpers at Castle Sports Complex

**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](http://www.harpersfitness.co.uk)  
then click on our centre's home page

[www.harpersfitness.co.uk](http://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, volleyball, netball & basketball.

**For the children:** free swimming for under 16's\*, learner pool and main pool swimming parties, holiday activities, swimming lessons, Junior Harpers Gym sessions.

**For the adults:** Harpers Gym, group exercise classes, personal training, sauna, pay and play activities, free swimming for the over 60's\*.

**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.harpersfitness.co.uk](http://www.harpersfitness.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 3 times 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 12 – 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!

## 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.

### 'Harpers Activity Camps'

If you're looking for fun and entertaining activities for your children during school holidays, we've got the answer. We offer full day Activity Camps, run during all school holidays, providing fun activities such as football, unihoc, kwik cricket, ten pin bowling, swimming and much much more. We'll make sure you don't get the holiday blues!

\*Registration required.



## Pay and Play

Here at the Castle Sports Complex we offer a variety of sports on a pay and play basis, if you fancy a game of badminton, tennis, table tennis, 5 a side football, basketball or volleyball, this is the place for you!

## Café and Bar

Why not visit the café and try our range of freshly prepared meals and snacks. After a hard game of badminton to celebrate a victory, or simply to relax, why not visit the bar for a relaxing drink?

## 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 reception or online at [www.harperfitness.co.uk](http://www.harperfitness.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 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 Harper's Fitness.



## Information

### Opening Times:

#### Main centre:

Monday – Friday	07.00 – 23.00
Saturday & Sunday	08.00 – 22.30

#### Harpers:

Monday – Friday	07.00 – 22.30
Saturday & Sunday	08.00 – 20.00
Bank Holiday Mondays	09.00 – 16.00

### Visit our online fitness and nutrition shop

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

[www.harpersfitnessshop.co.uk](http://www.harpersfitnessshop.co.uk) and  
[www.harpersnutrition.co.uk](http://www.harpersnutrition.co.uk)

### Did you know you can book activities online?

visit [www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)

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Lincs PE11 2AJ

**01775 710496/762178**

**01775 725978 (Pool)**

[saspalding@harpersfitness.co.uk](mailto:saspalding@harpersfitness.co.uk)

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

