

Spirit & Soul Fitness

Drop a dress size

FASTCLASS

Drop your child off at our OFSTED registered crèche and join us, we have created a session especially for you

Join our 45 minute effective workouts

MONDAYS & THURSDAYS

9.05am - 9.50am

Sessions include a 15 minute Focus Class led by a Fitness Instructor and works on critical areas & muscle groups



Fast Class

Cost per session: £3.90 £3.25 Concession

Why not buy a monthly or annual pass - we have some great prices!

You know your children are having fun so why not join us and have some fun too!

INDUCTION REQUIRED FOR NON MEMBERS

Manor Sport and Recreation Centre,
Kingsley Avenue,
Mansfield Woodhouse,
Notts.
NG19 8JY
Tel: 01623 425116
Fax: 01623 425117
www.manor-sportcentre.co.uk

 **MANOR**
SPORT & RECREATION
CENTRE 
SPORTS
COLLEGE