



**BRING A FRIEND  
FREE**  
Offer available throughout December



# Try our extensive range of exercise classes

A variety of spinning and exercise classes

Led by enthusiastic instructors • Friendly and welcoming service  
Spinning • Pump It • Circuits • HIIT • Yoga • Zumba • Boot Camp... And more!

Become a member, or come along on a pay-as-you-go basis.

\*Members and pay-as-you-go customers are eligible to bring a friend free. Visit our website for further details.

**Spinning and Boot Camp are based at Tilsley Park:**

**Tilsley Park**, Dunmore Road, Abingdon, Oxfordshire, OX14 1PU

**All other activities are based at Abingdon School Sports Centre:**

**Abingdon School Sports Centre**, Faringdon Road, Abingdon, OX14 1BQ

[www.sportsandleisure.abingdon.org.uk](http://www.sportsandleisure.abingdon.org.uk)

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