



**January Membership Offers - Pay upfront and get 2 months FREE, plus no joining fee**

**Brand New for January 2020... Try Spinning the smart way at Tilsley Park**

**Standard Membership**  
Usually £294  
You pay **£245**

**Premium Membership**  
Usually £407  
You pay **£339**

**Membership includes:**

- Gym
- Swimming
- Exercise classes
- \*Spinning classes
- Badminton
- Squash
- \*Coached Swim Fitness
- \*A free personal gym programme

**With our new Spivi installation – A 3D simulation for the ultimate riding experience**  
The Spivi simulation system is linked to our state of the art Keiser M3i spin bikes, allowing you to become a virtual rider on the big screens.

**FREE TASTER SESSIONS**

Call us to reserve your free session

**Saturday 11 January**

8.00am - 8.45am	Mixed ability
9.15am - 10.00am	Mixed ability
10.30am - 11.15am	Beginners

**Sunday 19 January**

10.00am - 10.45am	Mixed ability
11.15am - 12.00pm	Beginners

Offers available until 31 January 2020

*\* Subject to our public opening times. See website for details. \*Spinning, Coached Swim Fitness and personal programmes are only included in a Premium Membership.*

Available from 2 January 2020

Visit our website for further information and Spivi demos.

**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.abingdon.org.uk/sports-and-leisure](http://www.abingdon.org.uk/sports-and-leisure)

**Sports Centre Tel: 01235 849062**

**Tilsley Park Tel: 01235 524524**

Email: [ase.info@abingdon.org.uk](mailto:ase.info@abingdon.org.uk)

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