



ABINGDON

SPORTS &
LEISURE

NEW! AT TILSLEY PARK

Spinning Classes

LAUNCH DAY: Sunday 23 September 2018 10.00-15.00



FREE Taster Sessions at Tilsley Park

Spinning • Boot Camp • Zorb Football

- Meet our new team of spinning instructors
- Try our new state of the art spin cycles

Sign up to our
**NEW Premium
Membership***

**SPECIAL
INTRODUCTORY PRICE**
£29.99 per month

- No Joining Fee

For all the activities
included – see overleaf

*Offer ends 24 September 2018

For further information and enquires please email us or visit our website

ase.info@abingdon.org.uk

www.sportsandleisure.abingdon.org.uk

Programme for Launch Day

Time	Activity	Instructor	Activity	Instructor
10.00-10.30	Spin	Dave Henderson		
10.45-11.15	Spin	Jo Salisbury	Boot Camp	Ray Lovell
11.30-12.00	Spin	Lisa Dean	Junior Zorb Football	Tilsley Staff
12.15-12.45	Spin	Kate Payne	Boot Camp	Ray Lovell
13.00-13.30	Spin	Elaine Axe	Adult Zorb Football	Tilsley Staff
13.45-14.15	Spin	Jo Wise	*Programme subject to change. Please call to book from 09.00-21.00 on weekdays and from 09.00-17.00 on weekends.	
14.30-15.00	Spin	Martin Dobinson		

Official start date for regular class programme at Tilsley Park:

Classes start on Monday 24 September
(see website for class timetable)

Bookings for classes can be made from
Sun 16 Sept - Premium Members
Mon 17 Sept - Standard Members and Non-Members

Call 01235 524524 to book your place.

Spinning Prices

Standard Abingdon Sports and Leisure Club Member:	£3.50
Pay As You Go:	£7.00
Premium Abingdon Sports and Leisure Club Member:	Included

Standard Abingdon Sports and Leisure Club members can upgrade to our new Premium Membership.



*Premium Membership includes:

Refurbished Strength and Conditioning Gym	
All Exercise Classes	Coached Swim Fitness
Public Swim Sessions	Squash
Badminton	Spinning Classes
Boot Camp	

*Activities are based at Abingdon School Sports Centre and Tilsley Park.



Launch Day Sessions

Call Tilsley Park to reserve your **FREE** place for Spinning, Boot Camp and Zorb Football tasters.

Tel: 01235 524524

www.sportsandleisure.abingdon.org.uk

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Find us: Tilsley Park, Dunmore Road, Abingdon,
Oxfordshire OX14 1PU

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Activities are run by Abingdon School Enterprises Limited on behalf of Abingdon School. Company No. 04442429