



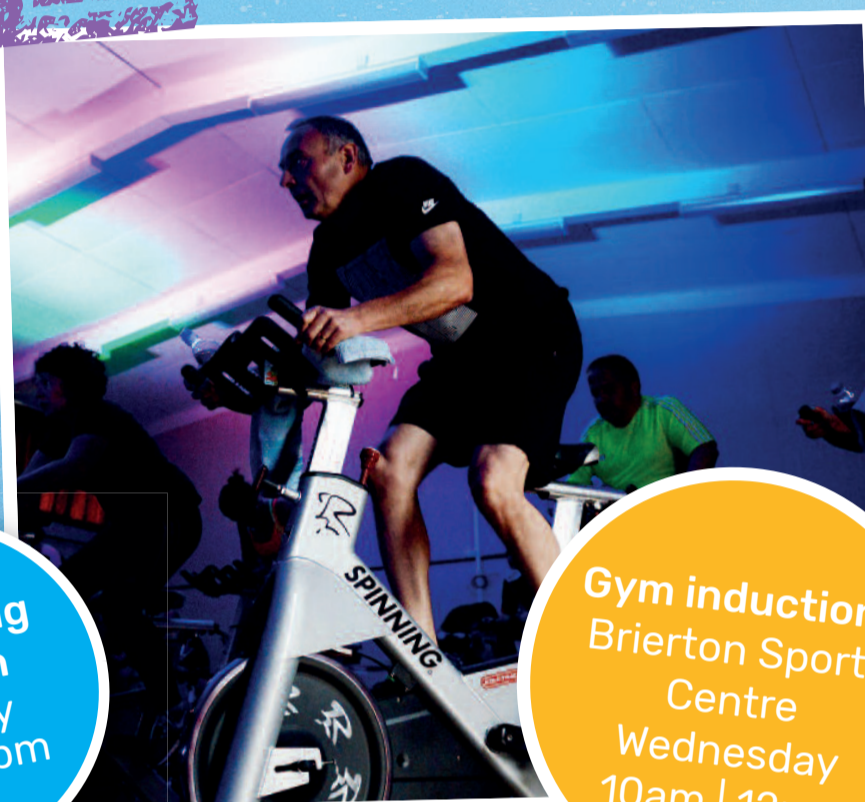
**HARTLEPOOL
BOROUGH COUNCIL**

BE FIT FOR FREE

With **6 FREE**
fitness classes
per week*



Swimming
session
Sunday
2pm- 3pm



Gym inductions
Brierton Sports
Centre
Wednesday
10am | 12pm

FREE CLASSES



FITNESS
CLASSES

GYM
SESSIONS

MILL HOUSE LEISURE CENTRE

Spinning
Thursday
12.15pm-1.00pm

HIIT
Friday
12:45pm-1:15pm

Monday-Friday
7:00am-8:00am
9:00am-10:00am
11:00am-12:00pm

BRIERTON SPORTS CENTRE

Spinning
Tuesday
7:00am-8:00am

Wipeout
Thursday
6:00pm-6:30pm

Saturday & Sunday
11:00am-12:00pm

HEADLAND SPORTS CENTRE

Pound
Tuesday
6:00pm-6:45pm

Strong Nation
Thursday
5:00pm-5:45pm

Monday - Friday
7:00am-8:00am
5:00pm-6:00pm

Mill House Leisure Centre Tel: 01429 523338 Raby Road, Hartlepool, TS24 8AR

Brierton Sports Centre Tel: 01429 523338 Brierton Lane, Hartlepool, TS25 4AF

Headland Sports Centre Tel: 01429 523338 Union Street, Headland, Hartlepool, TS24 ONZ

This programme runs from 1st October 2021 – 31st December 2021

Get Hartlepool Active.co.uk



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