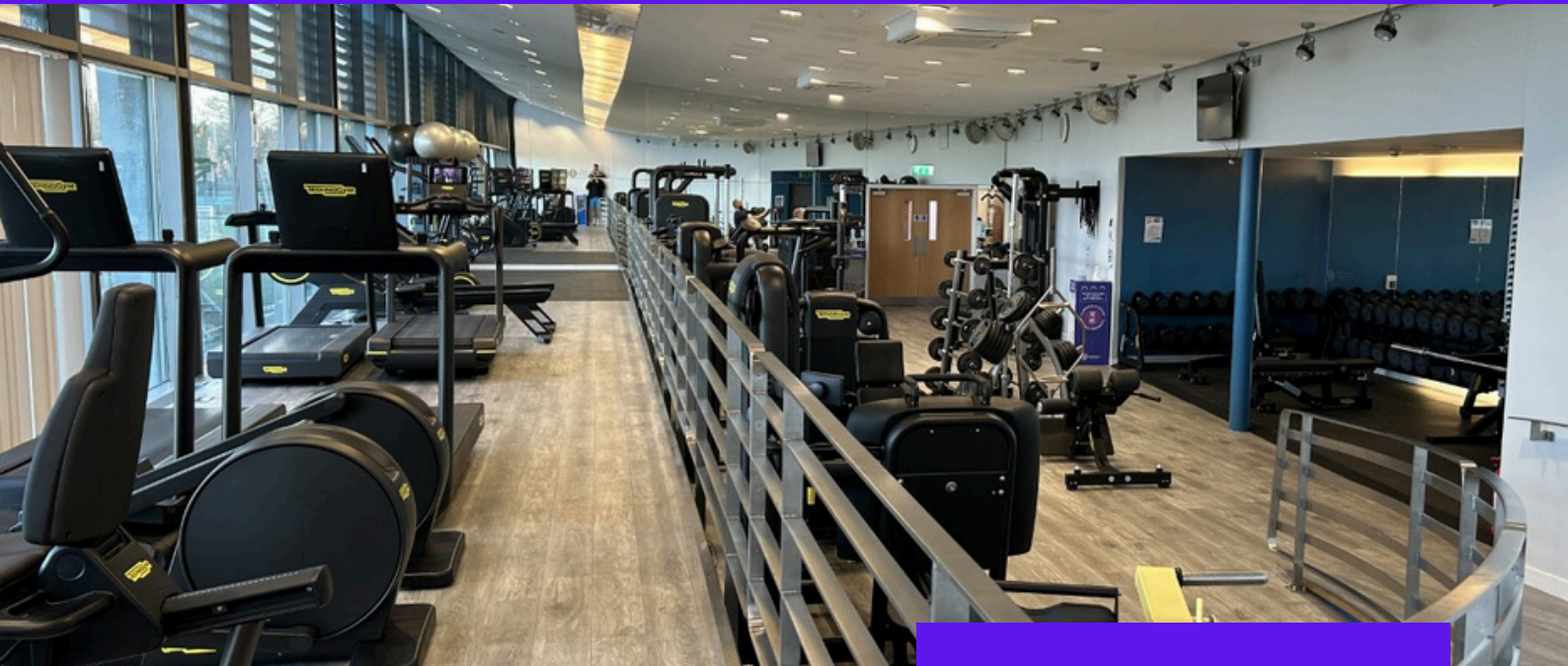


Newsletter



Class of the Month - Strength & Conditioning

S&C is a class that teaches you how your body is designed to be used. Learn to stabilise what should be stable and mobilise what should be mobile! If you're tired of feeling rubbish, this is the class for you!

Come along and try it during April and bring a friend for free!

Saturday mornings 9-9.45am



Happy Easter!

Happy Easter from all of us at Ash Manor Sports Centre! We hope you have a great time with loved ones and look forward to welcoming you back after the long weekend!



Meet the Team

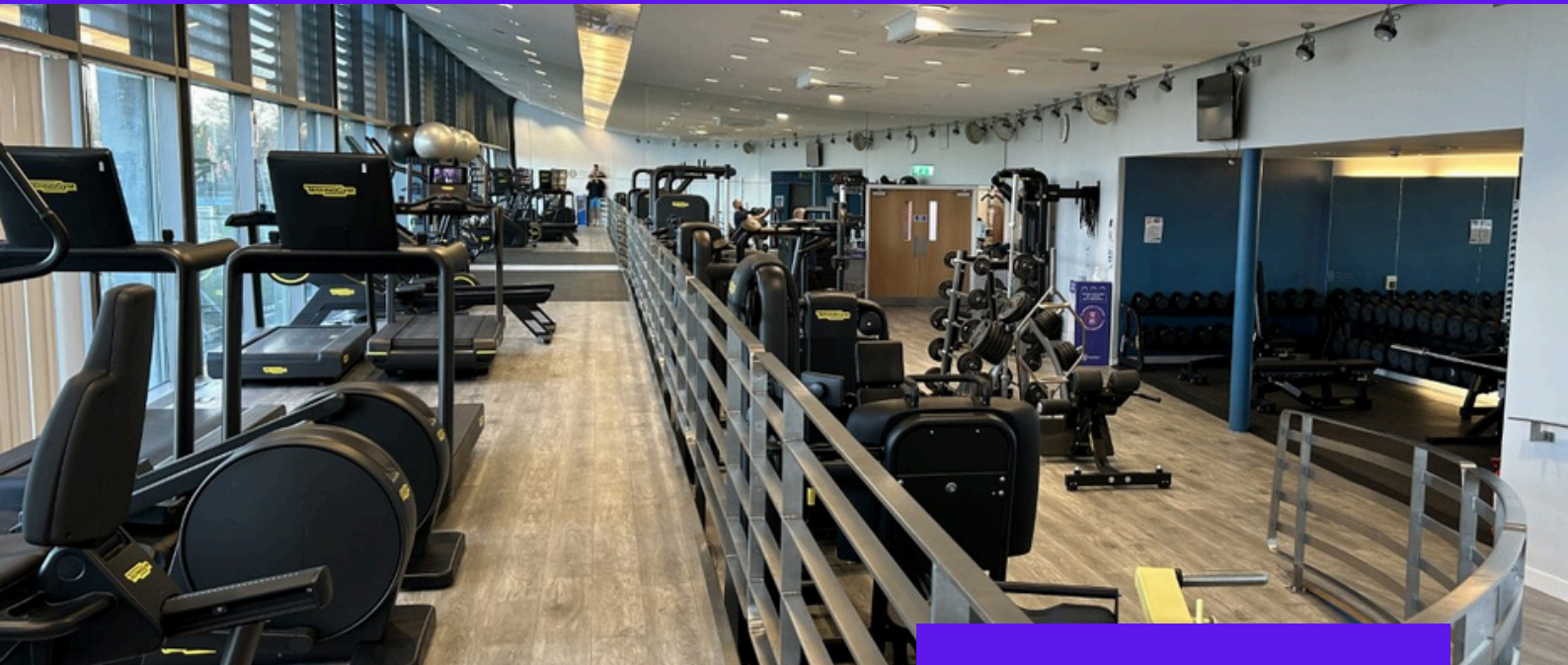


Meet Darcie, one of our new receptionists. She likes art, makeup, animals, and eating chocolate

Follow us on Social Media!



Newsletter



Easter Opening Hours

Good Friday

8am - 1pm

Saturday 3rd

8am - 1pm

Easter Sunday

8am - 1pm

Easter Monday

8am - 1pm

No classes are running throughout this period.



Morning Yoga Classes

Reminder that our morning yoga classes will be taking place in the main hall over the Easter holidays, meaning an increase in class capacity. Give us a call to book on!



Not sure how to use a piece of equipment?

Leg Press

Have you tried our Hip Leg Press machine in the gym?

Trying a new machine can be daunting, so why not take a look at our video tutorials on Instagram and Facebook?

Otherwise, chat to one of our instructors and they will be happy to help!

Follow us on Social Media!

