



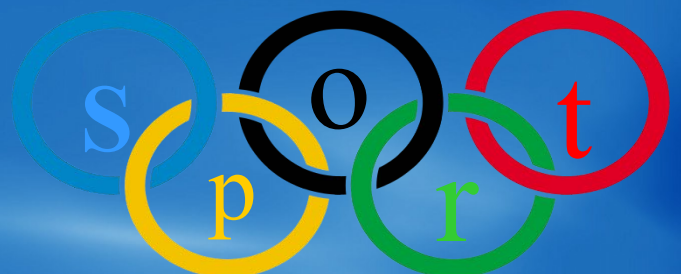
WOMEN ONLY GYMS
 1) FITNESS FIRST FOR WOMEN
 2) SUNSTONE
 GYMS THAT PROVIDE CRECHES
 1) SUNSTONE
 2) ESPORTA
 3) FITNESS FIRST
 4) DAVID LLOYD

Produced by Nada Najafi



KEEP FIT !!

Inside this leaflet
 there will be loads of
 information about
 where you can find
 leisure centres to suit
 your type of activities
 that you like to do.



YOUR LOCAL SPORTING VENUES AND WHAT THEY OFFER

KINGSHALL SWIMMING, HEALTH SUITE, EXERCISE CLASSES, WOMEN ONLY SESSIONS.

BRITANNIA FITNESS CENTRE, HEALTH SUITE, SWIMMING POOLS, OUTDOOR/INDOOR FACILITIES.

YORK HALL FITNESS CENTRE, GROUP EXERCISE CLASSES, ACTIVITIES FOR CHILDREN.

SUNSTONE
 1) FITNESS FIRST
 2) ESPORTA HEALTH CLUB
 3) LA FITNESS
 4)

SWIMMING POOLS IN HACKNEY

1) BRITANNIA
 2) ISLINGTON
 3) HIGHBURY+CLISSOLD
 4) KINGSHALL LIDO