



**GM** ACTIVE

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MAKING IT POSSIBLE

**NATIONAL  
FITNESS DAY**  
2018

## NATIONAL FITNESS DAY 2018

To mark National Fitness Day 2018 GM Active have a number of activities going on delivered by our member organisations. They are outlined below.



### ACTIVE TAMESIDE

#### ACTIVE HYDE

6:45am – 7:15am:	Sprint
9:30am – 10:15am:	Yoga
12:15pm – 13:15am:	Pilates
6:00pm – 6:45pm:	Body Pump
6:30pm:	Running Club - Hyde Running (Meet Outside)

#### ACTIVE COPLEY

9:30am – 10:00am:	Sprint
7:30pm – 8:15pm:	Aqua Fit
8:30pm – 9:30pm:	Yoga

#### ACTIVE ASHTON

10:30am – 11:15am:	LBT
11:30am – 12:30pm:	Hi-Lo Retro
7:30pm – 8:30pm:	Aqua Fit
7:00pm – 7:30pm:	Group PT
7:30pm – 8:00pm:	Cardio / Free Weights / Weights on the Gym Floor

#### ITRAIN

6:30am – 7:15am:	Gym Floor Bootcamp
9:30am – 10:15am:	Body Pump
10:30am – 11:15am:	Body Combat
5:45pm – 6:30pm:	Boxercise
11:30am:	Running Workshop
12:00am:	2 Mile Led Run

## ACTIVE MEDLOCK

9:30am - 10:15am:	Aerobics
10:20am - 11:05am:	LBT
6:00pm - 6:45pm:	Body Attack
8:15pm - 8:45pm:	Boot Camp
6:30pm - 7:00pm:	Group PT
7:00pm - 7:30pm:	Cardio / Free Weights / Weights on the Gym Floor

Free passes will be available for use on the day at Active Ashton, Copley, Medlock, Hyde, Oxford Park, Kenward and iTrain.

We have free fuel (food) samples over at our sites with cafes (Copley, Medlock, Hyde, and iTrain.)

We are asking all visitors to the centre to dress up in something fitness related and if they would like to make a Donation to our Charity Believe and Achieve.

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## BURY LEISURE

### CASTLE LEISURE CENTRE

7:15am - 8:45pm:	Free Virtual Classes for the day The timetable for the day can be found here: <a href="http://www.bury.gov.uk/index.aspx?articleid=11428">http://www.bury.gov.uk/index.aspx?articleid=11428</a>
9:00am - 4:00pm:	Free Adult Swim Session for the day
1:00pm - 1:30pm:	Free Walk (Dogs on a lead are welcome. The walk is buggy and wheelchair friendly.)

### RAMSBOTTOM LEISURE CENTRE

9:00am - 12:00pm:	Free Adult Swim Session for the day
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### RADCLIFFE LEISURE CENTRE

3:30pm - 6:30pm:	Free Adult Swim Session for the day
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### THE LONGFIELD SUITE

12:00pm - 4:00pm:	Beginners Ballroom Classes and Tea Dance
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## LIFE LEISURE, STOCKPORT

### BRING A FRIEND FOR FREE

Members can bring a friend for free and Run, Swim, workout with them.

### RANGE OF CLASSES

Try something new, FloatFit, Aqua classes, Les Mills etc.

## PRIZE DRAW

Anyone who buys a membership on the day will be entered into a prize draw to win a FitBit.

## FUN GYM CHALLENGES

Fun gym challenges going on in all centres throughout the day led by our Health and Fitness staff.

## FAMILY ZUMBA CLASS

Open to members, non-members and children age 8 and above at Houldsworth Village at 7.45pm-8.30pm.

## VARIOUS GAMES

In the Life Leisure kids classes that day.

## STAFF FANCY DRESS DAY

There is no theme but please ensure your choice of dress up is suitable to still carry out your duties at work.

## STAFF INCENTIVE

The site with highest number of sales on the day wins £50 for staff to use as they wish.

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## LINK4LIFE, ROCHDALE

### MIDDLETON ARENA

Bring a Friend for Free: Gym & Swim

Gym Challenges: Winners receive a free month's membership

7:00pm - 8:00pm: Fitness combined master class - A variety of cardio and strength exercise in a fun and active workout.

### ROCHDALE LEISURE CENTRE

Bring a Friend for Free: Gym & Swim

Gym Challenges: Winners receive a free month's membership

50% Off: Swimming pool birthday parties bought on the day

8:00am - 8:45am: Strong by Zumba

1:30pm - 2:30pm: Box Fit

11:30am - 12:30pm: Free Badminton

### LITTLEBOROUGH SPORTS CENTRE

Bring a Friend for Free: Gym & Swim

Gym Challenges: Winners receive a free month's membership

### HEYWOOD SPORTS VILLAGE

Bring a Friend for Free: Gym & Swim

5.30pm: Mass outdoor bootcamp \*Free to members and non-members

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## WYTHENSHAW FORUM

### FREE ONE DAY PASS

Free one day pass to use the centre on the 26th September 2018  
(Access to the gym, swimming pool and health suite).

### FREE AEROBICS CLASS

Free Access to 7.30pm Aerobics Class in the Hall

### GYM CHALLENGE

There will be a gym challenge running all day where participants will receive a free gift for taking part and getting involved.