



**GM** ACTIVE

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MAKING IT POSSIBLE

NATIONAL  
FITNESS DAY  
2017

## NATIONAL FITNESS DAY 2017

To mark National Fitness Day 2017 GM Active have a number of activities going on delivered by our member organisations. They are outlined below.



### ACTIVE TAMESIDE

#### FREE ACTIVITIES

9:30am – 10:15am:	Spin at iTrain Gym
10:30am – 11:15am:	Walk from Active Oxford Park
10:30m – 11:15am:	BodyBlitz at iTrain Gym
11:30am – 12:30pm:	Curling at Active Oxford Park
5:30pm – 6:30pm:	Session 1 of a new 10 week Couch to 5k running programme at Richmond Park Athletics Stadium
7:30pm – 8:30pm:	Aquafit at Active Ashton
7:30pm – 8:30pm:	Aquafit at Active Copley

Find more information here:

<http://www.activetameside.com/national-fitness-day-activities/>

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### BOLTON ARENA

#### VIRTUAL FITNESS SESSIONS

Bring along one guest FREE all day!

Use for FREE 5-a-side football pitches between 9am – 4pm.

To book a pitch:

**Simply stop by reception or call 01204 488100.**

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## BURY LEISURE

### VIRTUAL FITNESS SESSIONS

All day on Wednesday 27 September at Castle Leisure Centre in Bolton Street, Bury.

The timetable for the day can be found here:

<http://www.bury.gov.uk/index.aspx?articleid=11428>

Class descriptions can be found here:

<http://www.bury.gov.uk/index.aspx?articleid=13763>

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## INSPIRING HEALTHY LIFESTYLES, WIGAN

### THE WIGAN CHALLENGE

1 mile run/walk. 1mile cycle. 1000m row. 1 minute plank.

Find out more here:

<http://www.inspiringhealthylifestyles.org/wigan/active-outdoors/running/>

### BRING A FRIEND FOR FREE!

Free 7 day guest pass to encourage members to bring a friend along for free

Register here:

<http://www.leisurecentres.org/guest.htm>

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## LIFE LEISURE, STOCKPORT

### STRONG BY ZUMBA FREE CLASS

Strong by Zumba is a high intensity session led by music. For everyone (booking needed) from 7:30 – 8:15pm.

Find out more here:

<https://www.facebook.com/lifeleisure/videos/1455264254539658/>

<https://www.facebook.com/lifeleisure/videos/1451073454958738/>

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## LINK4LIFE, ROCHDALE

### HEYWOOD SPORTS VILLAGE

Official opening of our new Studio One at 12.30pm with free Virtual RPM classes throughout the day.

Find out more here:

<https://link4life.org/centres/heywood-sports-village>

### MIDDLETON ARENA

An evening of master classes starting at 6.15pm and 7.15pm.

Find out more here:

<https://link4life.org/centres/middleton-arena>

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## OLDHAM COMMUNITY LEISURE

### OPEN DAY

Free open day including a wide variety of sports activities, arts and crafts and fun games.

Find out more here:

<https://oclactive.co.uk/come-along-open-day/>

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## SALFORD LEISURE

### FLOATFIT

Free open day

New FloatFit classes, a great new group fitness class.

Find out more here:

<http://www.salfordcommunityleisure.co.uk/sport/floatfit>

Prize draw to WIN a FitBit for anyone who buys a membership on that day.

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## TRAFFORD LEISURE

### FREE ACTIVITIES

Sale Leisure Centre:

Spinning for beginners 5:15pm – 6pm

Zumba 6:15pm – 7:15pm

Urmston Leisure Centre:

Spinning – 6pm – 7pm

George H Carnall:

Circuit training 9:30am – 10:30am & 7pm – 8pm

Altrincham Leisure Centre:

Plyometrics – 6:15pm – 7pm

Register here:

[http://www.traffordleisure.co.uk/brands/zest/booking/?ce\\_b4=cGVOZUBrMmwuY28udWs%3d&cas\\_b4=c2FtQGsybC5jby51aw%3d%3d&utm\\_medium=email&utm\\_source=outlook&coid=azJsLW1hcmtldGluZy1sdGR8MTUwNjMzOTkON3w1NjMxNQ%3D%3D](http://www.traffordleisure.co.uk/brands/zest/booking/?ce_b4=cGVOZUBrMmwuY28udWs%3d&cas_b4=c2FtQGsybC5jby51aw%3d%3d&utm_medium=email&utm_source=outlook&coid=azJsLW1hcmtldGluZy1sdGR8MTUwNjMzOTkON3w1NjMxNQ%3D%3D)

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## WYTHENSHAW FORUM

### FREE CLASSES

Forum Hall:

Extreme interval fitness class 7.30pm

Total body conditioning 8.15pm

(Booking not necessary)

Find out more here:

[https://www.better.org.uk/leisure-centre/manchester/wythenshawe-forum/timetable?ce\\_b4=cGVOZUBrMmwuY28udWs%3d&cas\\_b4=c2FtQGsybC5jby51aw%3d%3d&utm\\_medium=email&utm\\_source=outlook&coid=azJsLW1hcmtldGluZy1sdGR8MTUwNjMzOTkON3w1NjMxNQ%3D%3D](https://www.better.org.uk/leisure-centre/manchester/wythenshawe-forum/timetable?ce_b4=cGVOZUBrMmwuY28udWs%3d&cas_b4=c2FtQGsybC5jby51aw%3d%3d&utm_medium=email&utm_source=outlook&coid=azJsLW1hcmtldGluZy1sdGR8MTUwNjMzOTkON3w1NjMxNQ%3D%3D)