

Fleming Park Leisure Centre



Sport & Leisure Programme

April 2011 – March 2012

Fleming Park Leisure Centre

Passfield Avenue, Eastleigh

Tel: 02380 684800

Fax: 02380 629248

www.flemingparkleisurecentre.co.uk

Welcome

to Fleming Park

Our facilities include the Leisure Centre, Park and Bowling Greens. We offer a diverse range of activities for you, your family and friends. Whether your interest is fitness, football, badminton or swimming, we can offer something to suit your needs.

DC Leisure Management Ltd manage the leisure facilities on behalf of Eastleigh Borough Council. We aim to offer you an enjoyable, high quality service at all times.

We are currently working hard to manage our environmental impact and energy use. These include extensive recycling opportunities throughout the building including the administration offices. All promotional literature is now being produced on NAPM approved recycled paper. Our energy usage is also being monitored on a daily basis to reduce wastage.

We hope you enjoy your visit with us and should you wish to make a suggestion or pass comment on any of our services, please make use of our customer feedback forms situated in reception. Alternatively, you may ask to speak with the Duty Manager who will be pleased to help.

Thank you for your custom
Jo Parker, General Manager

This brochure is available in alternative formats. Contact reception for further details.

Brochure correct at time of going to print.
Photos used may not be of this Centre.

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Customer Promise

WE WILL STRIVE TO:

- Serve every customer with courtesy, effectiveness and efficiency.
- Provide customers with a welcoming, clean and safe building, car park and grounds.
- Provide an extensive programme of activities and events.
- Provide a Duty Manager at all public opening times to deal with all matters of concern to users.
- Regularly monitor our customers' satisfaction with our service.
- Never forget that it is the customers who are the focus of our business.

WE ASK OUR CUSTOMERS TO:

- Enjoy their visit, tell their friends if they did, and the Duty Manager if they did not.
- Abide by Centre rules and regulations, which are there for the safety and benefit of everyone.
- Respect our property and buildings and the property of other customers.

E Bookings

E bookings are available via

www.flemingparkleisurecentre.co.uk

for badminton, squash, tennis and football courts.
Please contact reception for more information.

Opening Times

Monday – Thursday	6.30am–11.00pm
Friday	6.30am – 10.00pm
Saturday & Sunday	7.30am – 8.00pm

Sports Hall (badminton etc)

Monday – Thursday	8.00am – 11.00pm
Friday	8.00am – 10.00pm
Saturday & Sunday	8.00am – 8.00pm

Squash Courts

Monday – Thursday	7.40am – 11.00pm
Friday	7.40am – 9.40pm
Saturday & Sunday	7.40am – 7.40pm

Kinetika Gym

Monday – Friday	6.30am – 10.00pm
Saturday	8.00am – 6.00pm
Sunday	8.00am – 8.00pm

General Enquiries

Monday – Thursday	7.00am – 10.15pm
Friday	7.00am – 9.45pm
Saturday & Sunday	7.30am – 7.45pm

Accessibility

For those customers with additional accessibility requirements, our centre offers:

FAMILY / BABY CHANGING

Family size cubicles can be found within the village pool changing room.

HOIST

For access to our Main Pool. Please ask reception for details.

TOILETS

These are located within the various changing areas.

PARKING

Provision has been made at the front of the car park, close to the building, to allow easy access to the Centre for Registered Disabled badge holders.

IFI GYM EQUIPMENT

The Inclusive Fitness Initiative (IFI) is a Sport England Lottery Funded project that supports not for profit fitness facilities to become Inclusive, catering for the needs of disabled and non-disabled people alike.

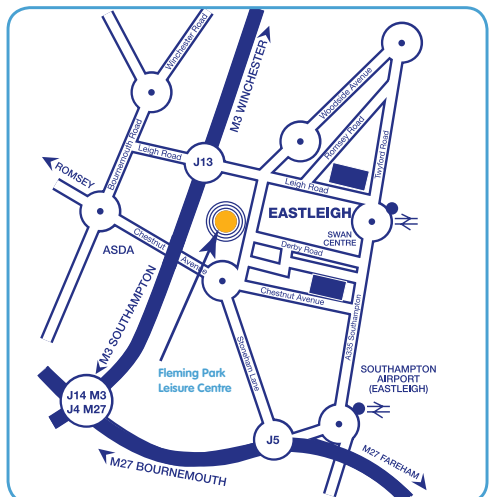
Here at Fleming Park Leisure Centre we have provided easy access specialist fitness equipment and implemented staff training to ensure fitness is accessible for all.



Inclusive fitness
accredited site 2008

Facilities

- 6000 sq ft gym including cardiovascular area, free weights, resistance weights and spin studio
- 25m 6 lane main pool
- Junior teaching pool
- Health suite – sauna and steam room
- Main hall for
 - badminton
 - 5 a side football
 - basketball
 - events e.g. antiques fair
- 3 studios
- 4 squash courts
- 8 outdoor tennis courts
- 2 indoor tennis/football courts
- Floodlit Astro Turf Pitch
- 3 All Weather Pitches for 5 a side
- Crèche
- Fully licensed Bar
- Café and Lounge Area
- 5 Function Rooms, including a Park Suite Venue, suitable for meetings and celebrations
- Soft play area
- Physiotherapy clinic
- H2O health and beauty clinic



Membership Options



Our memberships aim to help you to enjoy life, feel great and support you to achieve a healthier lifestyle.

We offer a friendly fitness environment for real people and a range of membership types to suit your lifestyle and interests. The benefits of our membership are shown below.

Single 16yrs +

- kinetika Journey
- Unlimited use of the Gym
- Unlimited Swimming (During public sessions)
- Unlimited Workout Classes
- Health Suite
- Other discounts available

Family

(Includes children up to 17 years)

- kinetika Journey
- Unlimited use of the Gym
- Unlimited Swimming (During public sessions)
- Unlimited Workout Classes
- Health Suite
- Other discounts available
- Children enjoy same benefits as the Junior Membership

Students

Any student that can provide a valid NUS card can benefit from all single membership activities at greatly reduced rates.

Junior Ages 11-15 yrs

- Teen Gym supervised sessions
- Swimming
- Racquet Sports (Booked on the day)

Corporate

Memberships are available for local companies to offer to their staff or for a group of colleagues to join together from the same company. For further details contact us now.

Swimming

Enjoy all public swimming sessions as part of your membership. Swimming offers an all round workout for all ages and abilities. For further details contact us.



National Access

We are now able to offer the option to use any of gyms nationwide. You will register with a home site but be able to use any of our gyms subject to a short induction.

For a list of our current gyms visit www.kinetikagyms.co.uk

Contact a Customer Advisor for more details.

Guaranteed Results*

or your money back – ask us for more details.

*Conditions apply.

**Let us help you to find the right membership for you.
Call a Membership Advisor on 02380 684800 today.**

Our friendly gym offers an ideal environment to tone, tighten, lose weight, build strength or increase stamina at a very reasonable price. Our professional staff are on hand to organise your personal fitness assessment and develop a training programme tailored to help you reach your personal targets.

Pay per Visit Gym Use

Join us as an Authorised Gym User and you can use the gym without making a long term financial commitment. An initial fee is payable when you register which in your first year will include a basic gym programme and an induction to the gym. Then you just pay a small fee each time you visit the gym. Contact reception for more information.

You can also enjoy workout classes and swimming on a pay per visit basis.



Gym Opening Times:

Kinetika Gym

Monday – Friday	6.30am – 10.00pm
Saturday	8.00am – 6.00pm
Sunday	8.00am – 8.00pm

In order to encourage people with disabilities to use our facility, we run a Buddy Scheme where by volunteers are paired up with 'disabled' users to help make your visit more accessible. These volunteers do not act as carers and therefore cannot help with changing individuals, but they do offer other support.

Please contact Daisy Brookman at daisybrookman@yahoo.co.uk

Personal Training

Achieve your personal best with our Personal Training service, available to both kinetika members and casual users. Whether you want to train for the marathon or just run for the bus and not be out of breath, this could be the service for you.

Contact a member of the Gym Team for details.



kinetika Journey kinetika Journey

All new kinetika customers will begin their journey with a 5 step programme. At the end of the kinetika journey you will have a personalised fitness programme and a thorough understanding of an effective workout.

STEP 1 CHECK IN (30-45 MINS)

This 1st session with your instructor is used to discuss your personal goals and health needs. Benchmarks will be set in order to assess your progress throughout the journey. With the remaining 20 minutes you will be given an introduction to our cardiovascular fitness equipment.

STEP 2 PERSONAL PROGRAMME (30 MINS)

Your instructor will start by re-confirming the cardiovascular equipment and introduce you to resistance training. After this step has been completed you will be able to use our kinetika fitness suite.

STEP 3 MOTIVATION SESSION 1 (30 MINS)

Monitoring your performance and understanding the equipment is key to your progress. Your instructor will ensure that these aspects are monitored along with providing feedback on your technique and development throughout the programme.

STEP 4 MOTIVATION SESSION 2 (30 MINS)

Aiming to increase your fitness knowledge by taking you through alternative exercises to ensure that your progress and workout are continuous.

STEP 5 REVIEW

The review session is to identify your achievement by comparing current results to your previous benchmarks and to also ensure that you are happy with your programme. Your instructor will then help you decide the best way to continue to achieving your goals.

**RESULTS
GUARANTEED
OR YOUR MONEY BACK***



Fitness courses

We run a range of fitness courses to help you achieve your goals. Contact a member of the Fitness Team for more details.

Core Fit

This 4 week course will use stability balls and floor work to help you tone and strengthen your muscles to improve posture.

Ski Fit

This course will help you strengthen those leg and back muscles, to ensure you have a successful skiing holiday.

Back Fit

If you suffer from a weak back and frequent back pain/problems this course will help you to strengthen your back and help you to learn how to prevent back trouble.

AB Attack

If you are after a flat stomach or a six pack to die for, this course of weekly workshops will put you on the right track.

Junior Activities

We offer a wide selection of activities for children of all ages and abilities.

Crèche (0-5 years)

Our Crèche has an excellent reputation, providing a safe and stimulating environment with fully qualified, experienced and dedicated friendly staff.

Our Opening Times are:

Monday	9.00am – 3.00pm
Tuesday	9.00am – 5.30pm
Wednesday	9.00am – 6.00pm
Thursday	9.00am – 3.00pm
Friday	9.00am – 3.00pm
Saturday	9.00am – 1.00pm



Bounce-about (12 months – 4 years)

Roll, climb and play on our equipment and bouncy castle.

Sessions available:

Term Time

Tuesday, Wednesdays, Thursdays & Fridays
9.30am – 10.25am and 10.30am – 11.25am.

Holidays

Tuesdays and Thursdays only
9.30am – 10.25am and 10.30am – 11.25am



SN Activity Hour (2 – 12 years)

For children with disabilities to play on our bouncy castle and soft play equipment. This activity takes place on the first Saturday of every month 1.00pm – 2.00pm. Parental supervision is essential.

Pre School Gymnastics (2 – 4 years)

Following the British Gymnastics Award Scheme, young children will be introduced to Trampolining where they will learn various shaped jumps, seat drops & twists.



Pre School Trampolining (3 - 4 years)

Following the British Gymnastics Award Scheme, young children will be introduced to Trampolining where they will learn seat drops, front and back drops, tuck, pike and straddle jumps, twists and simple routines.



Junior Activities

Saints Foundation (4 – 16years)

This course is available for boys and girls where they will learn a wide range new techniques, work as part of a team and develop their football skills. Talented individuals will get the opportunity to be recommended to the Saints Academy from these courses.

Gymnastics (5 – 16 years)

As a British Gymnastics Approved Centre, children will get the opportunity to develop through the British Gymnastics Award Scheme. This includes floor work and use of equipment such as the beam and vault, where children will learn to become more agile and flexible and be confident in performing routines.

Trampolining (5 – 16 years)

Participants on this course will also follow the British Gymnastics Award Scheme in Trampolining, where they will learn front and back drops, various twists and jumps, somersaults and complex routines.

Dance Mats (7 years +)

Let them dance their way fit on our state of the art dance mats. This course offers various levels to really test their reaction times and co-ordination. It's a fun and enjoyable way to keep active.

Cheerleading (7 – 12 years)

Cheerleading is the latest trend! Learn to cheer, chant, tumble, dance, perform stunts and create exciting routines!

Teen Workout (11 – 15 years)

Young people can get the right start to a fit and active adulthood by joining the gym at an early age. They will be given tailored workout programmes to achieve desired results and have a wide range of Teen Workout sessions which will enable them to have good access to the gym.



LOTTERY FUNDED

**FREE fun programme for kids
to become fitter, healthier
and happier!**

Do you have children 8 to 13 years old?
Are you worried they might be unhealthy or even overweight?
Then call us at the Centre to join the MEND Programme!
The MEND Programme gets kids healthy and fit in only
10 weeks - and helps them stay that way!
Find out about other children having fun on
the MEND Programme www.mendprogramme.org



Swimming Academy

All of our lessons are taught by qualified instructors who will help to develop confidence both in and around the water. Please ask at reception for enrolment details.

Parent & Baby

4 – 18 mths

Designed to introduce you and your baby to the water including toys and games.

Parent & Toddler

18mths – 3 yrs

Designed to introduce you and your toddler to the water including fun games and activities.

Pre School Beginners

3years – 4 years

For children who are more confident in the water and ready to begin independent group swimming lessons."

Junior Lessons

4 yrs (and in full time education) and over

Swimming lessons are taught by using the nationally recognised ASA National Plan for Teaching Swimming helping your child develop into a confident swimmer.

Individual Lessons

3 yrs and over

Individual lessons are available for children and adults helping you to learn at your own pace. Available for all abilities at a time to suit you.

Adult Lessons

Learn to swim or develop your stroke technique.



Please contact our Swimming Co-ordinator on 02380 684800 to find the right lesson for you and/or your child.



Dive in with us!

Visit our shop in reception where we have a wide range of Zoggs swimming products, including new **LITEX** chlorine proof swimwear.



At Zoggs we have a passion for swimming, we want to share that passion with you!

www.zoggs.com

MATHS course for children

at Fleming Park Leisure Centre

bettermaths.co.uk

- ✓ 1:6 staff-student ratio
- ✓ Individual tuition
- ✓ Solid foundations & confidence developed
- ✓ Preparation courses for SATs & GCSE



"We have been extremely happy with progress, but even more, with the way Bettermaths is run, and the fact that it is all about the child."

Fees from less than £10 / week !

**Call Andrew, the Principal
on 08450 662847 (free/local rate call)**

Tennis Coaching & Membership

- Junior Coaching Programme from 4 years old upwards. Groups available 6 days per week
- Group and Individual Coaching for Adults of all Abilities
- "Return to Tennis" Coaching for adults who have not played for a while
- Indoor and outdoor coaching for year-round development
- Free Trial Session for Children and Adults
- Coaching Sessions cost £5.60 / £6.10 per week for Children / Adults, payable Half-Termly in advance
- Great value membership available - £51 / £91 per year for Children / Adults
- Wide variety of other activities, including Mix-Ins, Tournaments & Holiday Coaching
- 8 floodlit courts, tennis clubhouse and viewing gallery now available!

Please telephone 02380 667532 for booking / information or visit www.tennis-service.net



Birthday Parties

Let us take the stress and strain, not to mention the mess, out of organising your child's birthday party!

Funcastle 'n' Soft play party

Megabounce party

Striker party

Adventure Zone party

Sports Frenzy party

Dance Mat party

Fast and Furious party

Our parties all include a hot or cold meal after the main activity.

Call **02380 684800** for more information. enquiries@flemingparkleisurecentre.co.uk

Holiday Activities Children Bored?

Children will be entertained and get to try a variety of activities during the school holidays. Whether you are looking for a full day or just part day we have something to suit you.

Choose from:

- Dance Mats
- Learn to swim intensive courses
- Team Elite & Planet Sport multi activity days
- Saints Football Foundation
- Plus much more...

For more information, pick up a holiday activities leaflet from reception.



Fit 'n' Mix Mornings

A leisurely session for those who do not work nine-to-five.

Tuesdays 09.30-12.00
(Term time only)

An exciting way to get fit! Choose from a wide variety of classes, the main pool or our air conditioned gym, or try all of it!

9.30am – 10.00am	Lane Swimming
9.30am – 10.25am	Step
9.30am – 12.00noon	kinetika Gym
9.45am – 10.25am	Warm up and Body Jam
10.00am – 12.00noon	General Use Swimming
10.30am – 10.45am	Body Sculpt*
11.00am – 12.00noon	Badminton

Thursdays 09.30-12.00
(Term time only)

Our traditional drop in and have a go morning. All equipment is provided.

9.30am – 10.00am	Lane Swimming
9.30am – 10.25am	Step
9.30am – 10.25am	Aerobics Circuit
9.30am – 10.50am	Badminton
9.30am – 12.00noon	kinetika Gym
9.30am – 12.00noon	Squash
9.30am – 12.00noon	Racketball
10.00am – 12.00noon	General Use Swimming
11.00am – 12.00noon	Team Games

All customers are required to undertake an induction in order to use the gym. Please enquire at the gym reception for further details.

* You need to attend Step or Body Jam as there is no warm up with this class

Present your Fitness Morning receipt in the Café for a discounted rate on your drink.

Children can be booked into the Crèche (limited spaces) and all activities are subject to availability.



Overweight? High Blood Pressure? Stressed? Diabetic? Poor Mobility?

If you feel your health is not as good as it could be then a referral to **Healthworks** might be just what you need.

Providing your doctor is registered within the Borough of Eastleigh, you can ask for a **Healthworks** Referral to Exercise.

Healthworks will help you get started on a physical programme based on your needs and preference.

To find out more contact Healthworks on 023 8068 4800 or 023 8068 4813

Passport to Leisure Scheme

If you are a full time student, registered disabled, on income support, receiving council tax benefit, OAP or job seekers allowance and are living within the Borough, you can enjoy many of our facilities as a 'Passport to Leisure' holder. Proof of eligibility is always required.

Contact a Customer Advisor for further details.

Many health conditions can be improved by increasing physical activity. These include: arthritis and other mobility problems; diabetes; asthma; high blood pressure; most heart conditions; depression and obesity. Exercise is a positive way to help yourself.

50+ Multi Activity Mornings

Our 50+ Multi Activity Morning is for those aged 50 & over and provides an excellent opportunity to participate in a number of activities, meet new friends and enjoy a chat over a tea or coffee. If you present your receipt at the Café, you will be able to enjoy your drink at a discounted rate.

Activities include: Keep fit for health, Swimming, Racket sports and much more...

Monday, Wednesday and Friday 09.00-12.00. This programme may be subject to change.

Present your 50+ receipt to the kinetika gym reception and you will be entitled to use the gym for only £1 (this is valid on 50+ multi activity mornings and subject to an induction being completed).

Monday

9.00am – 10.00am
9.00am – 10.00am
9.00am – 12.00noon
9.00am – 12.00noon
9.00am – 12.00noon
9.00am – 12.00noon
9.00am – 12.00noon
10.00am – 12.00noon
10.00am – 12.00noon

Keep Fit
Lane Swimming
Short Mat Bowls
Badminton
Squash / Racketball
Tennis – Outdoor
Table Tennis
Tennis – Indoor
General Swimming
Short Tennis

Wednesday

9.00am – 10.00am
9.00am – 12.00noon
9.00am – 12.00noon
9.00am – 12.00noon
9.00am – 12.00noon
9.00am – 12.00noon
9.00am – 12.00noon
10.00am – 12.00noon

Keep Fit
Lane Swimming
Squash/Racketball
Table Tennis
Tennis – Outdoor
Tennis – Indoor
Badminton
General Swimming

Friday

9.00am – 10.00am
9.00am – 10.00am
9.00am – 12.00noon
9.00am – 12.00noon
9.00am – 12.00noon
9.00am – 12.00noon
9.00am – 12.00noon
11.00am – 11.40am
11.40am – 12.25pm

Keep Fit
Lane Swimming
Badminton
Squash/Racketball
Table Tennis
Tennis – Outdoor
Tennis – Indoor
Short Tennis
50+ Lane
Speedo Deep Water Aqua

Please obtain a receipt from reception 30 minutes before the class.

* Times change during school holidays

Please note, all activities are subject to change.

**Enjoy a nice hot drink
and a bite to eat at the
Centre Café**



**Need a venue to Meet, Train
or Celebrate?**

We have 5 Function Rooms available for hire, for Meetings, Training, Birthdays, Weddings and more.

Pick up a Function Leaflet from reception or contact 02380 684800 for more details.



Clubs list

Name of Club

Champion Soccer League
Cherubs Baby Health
Baller Basketball
Better Maths

Blackburn & Pai Physiotherapy
British Tae Kwon Do
Eastleigh British Sub Aqua Club
Eastleigh College – Adult Education Programme
Eastleigh & District Sports Association for the Disabled
Eastleigh (FP) & Oaklands Swimming Club
Eastleigh Goju Ryu Karate Club
Eastleigh Ladies Hockey Club
Eastleigh Running Club

Fleming Park Badminton Club
Fleming Park Judo Club
Fleming Park Lifesaving Club
Fleming Park Squash Club
Fleming Park Tennis Centre
First Aid & Lifesaving Courses
H₂O Health & Beauty Salon
Kick-a-bout Junior Football
French Club for Children
Leisure Leagues (football)
Nordic Walking
Parkewood School of Dance
Pole Performers
Rhythmajig Ltd Keyboard Lessons
SKA Kick Boxing
South Hants Indoor Cricket League
South Hants Indoor Hockey League
Socatots
Southampton Orienteering Club
Stoke Park Football Club
Swaythling Lawn Tennis Club
Topflight Badminton Academy
The Training Room – Fitness Training Academy
UK Fives Football League
Yogabugs

Contact Name

Matthew Smart
Coral Lewis
Jeannie Thistle
Andrew Kuttner

Jon Blackburn
Joe Brown
Pete Scott
Customer Services
Ronnie (Veronica) French
James Wardell
Dave Morris
Julie Stanton
Deborah Tyler

Janet Coxen
Louise Riley
P. Tarry
Stephen Johnson
Tennis Office
James Dumper
Salon Office
Rob Crook
Elysabeth Sheppard
Shaun Biggs
Reception
Lynne Masssey
Emma
Jacqui Chudleigh
Luke Carter
David Admas
Karen Fox
Barbara Piper
Andrew Nash
Damien Challis
Sue Green
Chris Sheppard
Emma Norton Smith
Jon Gibbons
Arwen

Contact Number

0113 253 5800
07810 385585
02380 585696
08450 6 MATHS
08450 6 62847
07789 723999
07774 104412
02380 612765
023 8091 1000
02380 263503
enquiries@eastleigh-oaklands.com
02380 477677
07795 817852
secretary@
eastleighrunningclub.org.uk
07879 631384
023 8034 7941
02380 613347
07770 816 172
02380 667532
023 8068 4800
02380 651934
07827 274197
01962 882655
0845 2302340
023 8068 4800
02380 739355
07745 7168303
07922 047539
07909 331474
07768 647328
01489 860840
01489 896867
07963 588 482
07590 065 118
02380 671016
07915 060042
01202 331670
07917 726 120
08458 997165

Be part of the team

fleming park



We are looking for enthusiastic and outgoing individuals to join our Lifeguarding team.

We can offer:

- Good rates of pay
- Use of facilities
- Structured career and training path
- Part time and full time positions are available with Continued Personal Development training

Other vacancies at the Centre include

Reception, Catering, Children's Activities, Fitness Instructors (relevant qualifications required).
Swimming and Gymnastic Instructors (relevant qualifications required).
Full training will be given for all posts.

Please contact the Centre on 023 8068 4800

or email enquiries@flemingparkleisurecentre.co.uk to find out about job vacancies at the centre.

Cafeology



Great Coffee. Great Cause.

Café and Coffee Lounge

Relax and unwind in one of our catering facilities. Choose from the Café or Coffee Lounge.

The Café is situated on the first floor, open from 8.00am selling a quality selection of hot and cold beverages, meals, snacks, children's meals and takeaway foods.

The Coffee Lounge is a relaxing area serving the full menu and alcohol from 11.00 daily.



Le Club Français



Fun French for children aged 3-11



Nursery and Primary French at Fleming Park Leisure Centre

Learning through games, drama and songs.

Saturdays 3 hourly sessions from 9.30am – 12.30pm



Tel: 01962 882655

www.lcclubs.com/elysabethsheppard

BIG ON PROPERTY BIG ON THE ISSUES



HAMPSHIRE  CHRONICLE

www.hampshirechronicle.co.uk

Reaching the heart of Hampshire

Meetings, Conferences & Celebrations

We have 5 Function Rooms available, equipped for meetings, conferences and celebrations.

Our Park Suite is the perfect venue for a large group. It over looks beautiful park land, has a fully licensed bar, air conditioning, 63inch Plasma TV and catering facilities.

All of our rooms have multimedia presentation facilities and we offer an excellent day delegate rate.



Regular Bookings

Our courts get booked fast. So why not book a regular weekly slot to ensure you can play your sport every week without fail.

Regular Bookings can be made on:

- The Main Hall (Badminton, Football, Basketball etc)
- The New Hall (Tennis and Football)
- Out Door Tennis Courts including Netball
- Astro Turf
- Pitches
- All Weather Pitches
- Grass Pitches
- Park Land

For more details contact reception.

Special Events

At Fleming Park, we are known to host a number of special events, which include:

- National sporting tournaments
- Cat and Dog Shows
- Toy Model Fairs
- Antique and Collectors Fairs
- Dance events
- Charity events
- And more...

If you want to organise an event and would like to see if we can cater for your needs, please contact 02380 684806 for more details.



LUCOZADE and LUCOZADE SPORT are registered trade marks of the GlaxoSmithKline group of companies.

LET'S TALK ABOUT YOUR WORKOUT



Treadmill. Cross-trainer. Aerobics. Spin class. Swim. Dance. Whatever your favourite way to stay fit, if you want to make the most of every session but don't want to take on more calories than you burn, use Lucozade Sport Lite. With 70% less sugars than regular sports drinks and just 50 calories per bottle, it provides the fluid and electrolytes your body needs to remain hydrated when you exercise, plus energy releasing B vitamins. You've got two thirst-quenching flavours to choose from – Summer Berries and Lemon & Lime – so if you want to get more out, without putting more calories in, try Lucozade Sport Lite and you'll see how your workouts can become lighter work...

Lite Lucozade SPORT

IMPROVE YOUR WORKOUT
ONLY 50 CALORIES

Fleming Park Leisure Centre
02380 684800

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