

Autumn Newsletter



Autumn Activities

MONDAY

Fitness Suite 9am-1pm & 5-10pm
Mini Soccer 5:30-6:30pm
Elites Indoor Football League 6.30pm
Circuits 7-8pm
2Faced Dance 4.15-6.30pm

TUESDAY

Fitness Suite 9am-1pm & 5-10pm
Karate 5:30-8:15pm
Step Class 6:30-7:30pm
Indoor Tennis 6:30-7:30pm

WEDNESDAY

Fitness Suite 9am-1pm
L.I.F.T. Classes 11:30am-12:30pm
Pilates 6:30-7:30pm

THURSDAY

Fitness Suite 9am-1pm & 5-10pm
Girls Football 5:30-6:30pm
Ballet 4:00-8:45pm
Tap Classes 8:15-8:45pm

FRIDAY

Fitness Suite 9am-1pm & 5-10pm
Ballet 4:15-7.15pm

SATURDAY

Fitness Suite 9.30am-1pm

**REGISTER YOUR INTEREST FOR NEW
5 A-SIDE FOOTBALL LEAGUE NOW!
CALL RICKY ON 07980 558332**

Opening Hours

	DAYTIME	EVENING
<i>Monday</i>	9am-1pm	5.00-10pm
<i>Tuesday</i>	9am-1pm	5.00-10pm
<i>Wednesday</i>	9am-1pm	5.00-10pm
<i>Thursday</i>	9am-1pm	5.00-10pm
<i>Friday</i>	9am-1pm	5.00-10pm
<i>Saturday</i>	9.30am-1pm	
<i>Sunday</i>	CLOSED	

Latest News

New Classes!

PILATES

Pilates is a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back.

WEDNESDAY'S

6.30 - 7.30pm

BUMS, TUMS & THIGHS!

A great new class with Mandy, designed to work on toning bums, tums & thighs!
An hour of exercise, toning and fun!

WEDNESDAY TASTER SESSIONS ON 2nd, 9th, 16th & 23rd NOVEMBER

Call Mandy on (07970) 432160

2FACED DANCE COMPANY

MONDAY'S FROM 31/10/2011

4:15-5:15pm (Kids 7-11yrs)

5:30-6:30pm (Youth 11-18yrs)

Call 01432 276807 for full details!



Autumn Special Offer!

3 FOR 2 CLASSES! - We've got great deals on CIRCUITS & MINI SOCCER classes!
Buy 2 sessions and get a 3rd FREE! From 1st October - 15th November 2011

The Fitness Suite

Opening Times

Monday to Friday

9am-1pm & 5-10pm

Saturday

9.30am-1pm

Membership

1 Month Pass **£19.50** (conc. **£15.60**)

6 Month Pass **£108.00** (conc. **£86.40**)

12 Month Pass **£195.00** (conc. **£156.00**)

Casual User **£4.20** (conc. **£3.90**)

Fitness Suite Induction **£10.00**

Inductions

The fitness suite is open to anyone who has completed an Induction.

Simply phone (01544) 230488 to arrange one today!



Kington • Herefordshire • HR5 3AG • Telephone: (01544) 230488
ladyhawkinsleisure@herefordshire.gov.uk

Why not also try out...

- ♦badminton ♦tennis ♦tabletennis
- ♦hockey ♦basketball
- ♦indoor football ♦hall/stage hire
- ♦meeting room hire ♦short tennis
- ♦indoor/outdoor cricket nets
- ♦KADOS performances

Our e-letters are available too so let our staff know your email addresses for the latest up to date news on classes, offers and other LHCLC related news!

Badminton Courts

Fancy a game of badminton?

Come along with a friend or, with up to 5 courts available, why not come along with a group.

Booking Essential.

L.I.F.T.

The Lifestyle Improvements for Today (LIFT) programme is Herefordshire's Exercise Referral Scheme. It's aim is to provide tailored exercise programmes for those whose health would benefit from a more active and healthy lifestyle.

**Wednesdays
11.30am - 12.30pm**



Herefordshire

Classes & Activities

CIRCUIT TRAINING



Monday Evenings

7.00 - 8.00pm



A fun hour of exercise aimed at all areas of exercise, toning and shaping for all levels of fitness and abilities



Pilates

Wednesday Evenings 6.30 - 7.30pm

Contact Dawn Arkell on (01568) 615239 or dawn.arkell@virgin.net

for full information and signing up details



Bums, Tums & Thighs

REGISTER YOUR INTEREST WITH MANDY

Tasters coming 2nd, 9th, 16th & 23rd NOVEMBER 2011

Please call Mandy on 07970 432160 for more details

Ballet & Tap Classes

Thursday & Friday Evenings



Call Heather Winterburn (07834 208639) or visit

<http://www.dancefusionschool.co.uk/> for more information.

Step Aerobics

With Mandy

RSA Qualified at Fitness Wales

Tuesday Evenings 6.30 - 7.30pm

Please call Mandy on 07970 432160 for more details

Samurai Red Dragon Karate



Jim Whittington 5th Dan, Shidojin, Kenshi



Tuesday Evenings from 5.30 - 8.15pm

For full details contact Jim on 01547 529191 or check out the website at:

<http://www.samurai-red-dragon.com>

Mini Soccer

With Shaun Harris HFA Qualified Coach

Monday Evenings

5.30 - 6.30pm

Ages 5+

Help develop your tekkers! A fun and friendly class to take you to the next level!

TENNIS - Indoor & Outdoor

We've up to 4 courts available so come along and enjoy with a group of friends or KINGTON TENNIS CLUB - Coaching for all ages and abilities, competitions & more!

Contact Gwen Sampson on 01544 231452