



HARTLEPOOL BOROUGH COUNCIL

WE FIT FOR FREE

With **6 FREE**
fitness classes
per week*



FREE CLASSES

**Adult
Swimming
Lessons**
WEDNESDAY
6.15pm - 6.45pm



**Free
Swimming
Sessions**
TUESDAY
2.30pm - 4.00pm

| MILL HOUSE LEISURE CENTRE | BRIERTON SPORTS CENTRE | HEADLAND SPORTS CENTRE |
|--|---|--|
| Monday 8.00pm - 9.00pm Aquarobics | Monday 7.00pm - 8.00pm Running Session | Monday 6.00pm - 7.00pm Circuits |
| Thursday 5.15pm - 6.00pm Beginners CycleFit | Wednesday 5.30pm - 6.00pm Metafit | Friday 5.15pm - 5.45pm Metafit |

Mill House Leisure Centre Tel: 01429 223791 Raby Road, Hartlepool, TS24 8AR

Brierton Sports Centre Tel: 01429 284864 Catcote Road, Hartlepool, TS25 4AF

Headland Sports Centre Tel: 01429 236564 Union Street, Headland, Hartlepool, TS24 0NZ

*Classes will be changing every 3 months