

# Enjoyed it? Want another go?

Durham Leisure offer a range of memberships that give excellent value for money. You can choose the membership that suits your own personal needs. All members get free advice and training programmes which can be regularly updated.

Durham Leisure also operates a *Passport to Leisure* scheme, which offers discounted rates on selected membership packages for those aged 60 and above or people in receipt of certain benefits.

For more information on memberships contact the Leisure Hotline or visit [www.durhamcity.gov.uk/Leisure](http://www.durhamcity.gov.uk/Leisure)

For information on the *Exercise Referral Programme*, contact the Durham and Chester-le-Street Lifestyle Initiative on 0191 389 5090 or email: [andrewpower@chester-le-street.gov.uk](mailto:andrewpower@chester-le-street.gov.uk)

Sport and physical activity opportunities for disabled people: English Federation of Disability Sport [www.efds.co.uk/northeast](http://www.efds.co.uk/northeast)



## Coming soon! Beat the winter blues with indoor sports in January

Come and try a range of indoor recreational sports including martial arts, dodge ball, badminton, squash, indoor bowls and many more at your local leisure or community centre. There's a full range of activities for all ages and abilities.

For full information on all activities available throughout the Active Durham year, please visit [www.durhamcity.gov.uk/Leisure](http://www.durhamcity.gov.uk/Leisure)

## Fitness

Get trim in the gym for  
**FREE in November!**



Active Durham in November was brought to you by:



### Look inside for:

Up to 30 days of FREE gym usage, motivational packs, chance to win a year's membership to any of the five participating Durham Leisure venues\*

Get the feel good factor

# In the gym in November

If you have never been into one of our gyms before or it's a long time since you got on a treadmill, then November's offer could be just for you. For 30 days, we'll be opening our fitness suite doors\* to all newcomers once they've had an induction.

## Equipment to suit everyone

Our *Future Fitness* gyms are all fully accessible and have cardio machines including treadmills, bikes, rowing machines and cross-trainers and a full range of weights and free-weight equipment to help you tone up and feel great.

## Step by step

Once you have registered, our qualified staff will take you through an induction session explaining how to work the machines. You can then use the gym facilities for FREE for the month of November.

## Getting motivated

To keep you on track, there'll be qualified staff on hand at all times and we'll give you an information

pack which includes health tips, free exercise class vouchers and other goodies.

## Not very fit?

Don't worry, when you register, there are a few basic questions about your health and at your induction, our staff will develop a personal exercise programme to suit you.

## Exclusive to teenagers

For 13 - 16 year olds, there's a fully supervised *Young Lifestyles* programme available.

## Special offer

There's an added bonus too! All those who take part, or current gym members who recommend a friend, will be entered into a prize draw to win a year's free membership.

## Leisure centre information

All leisure centres are open 7 days a week (excluding bank holidays).

For *Future Fitness* gym opening times, induction availability and *Young Lifestyles* session times, contact individual leisure centres.

## Abbey Leisure Centre

[abbey2@durhamcity.gov.uk](mailto:abbey2@durhamcity.gov.uk)  
0191 301 8301

## Coxhoe Leisure Centre

[coxhoe2@durhamcity.gov.uk](mailto:coxhoe2@durhamcity.gov.uk)  
0191 301 8302

## Deerness Leisure Centre

[deerness2@durhamcity.gov.uk](mailto:deerness2@durhamcity.gov.uk)  
0191 301 8303

## Meadowfield Leisure Centre

[meadowfield2@durhamcity.gov.uk](mailto:meadowfield2@durhamcity.gov.uk)  
0191 301 8304

## Sherburn Leisure Centre

[sherburn2@durhamcity.gov.uk](mailto:sherburn2@durhamcity.gov.uk)  
0191 301 8305

## Leisure Hotline

[leisure@durhamcity.gov.uk](mailto:leisure@durhamcity.gov.uk)  
0191 301 8556  
(Open Monday-Friday during office hours)

\* Not including Freeman's Quay



## How to register

Fill in the Active Durham registration form and send it back to us at the FREEPOST address provided, or register online at [www.durhamcity.gov.uk/Leisure](http://www.durhamcity.gov.uk/Leisure), following the links to *Active Durham*, or email [activedurham@durhamcity.gov.uk](mailto:activedurham@durhamcity.gov.uk).

## Book your induction

Phone your chosen leisure centre to book your induction appointment. If you like, you can just drop in to the leisure centre and register and book your induction at the same time.

Induction sessions are available during leisure centre opening hours throughout November so book NOW to take advantage of the full 30 days.

## Please note

The *Young Lifestyles* programme and inductions are only available at specific times.

