



ActiveDurham

A year of the feel good factor!



Easy Line Circuit

**Stepping stone to
fitness in March!**



Look inside for:

Fun, FREE and easy exercise sessions for all the family, or for those taking their first steps to fitness. Brand new equipment where you set the pace...

Get the feel good factor with the ...

Easy Line Circuit!

If you want to take that first step to fitness but don't want to start in a gym, this month's for you! Perhaps you fancy getting the whole family in shape?

Improving your health and wellbeing couldn't be easier with our brand new range of equipment, called EASY LINE, which is designed to fit everyone's needs.

What is it?

It's a portable fitness circuit which offers a total body workout that's low on impact but high on results!

The EASY LINE equipment uses push and pull movements to exercise all your muscles. It's very comfortable and incredibly easy to use. By speeding up the exercise you will increase the resistance and by slowing down you will make it easier, so, it's ideal for beginners, old and young!

What's on offer in March?

FREE, 30 minute taster sessions at Coxhoe Leisure Centre where the new equipment will be based

from March until June. (From April there will be a charge.) You can see for yourself how the equipment works and how it can help you improve your health.

Choose a circuit to suit you

Open session - A chance to try the equipment and talk to a coach. (No booking required.)

Gentle circuit - Great for those new to exercise. (Adults only)

Family circuit - A gentle class for all ages from 10 onwards.

Young Lifestyles - A beginners class for ages 13 - 17.



EASY LINE sessions in March

Monday

11.15 - 11.45am Gentle Circuit
5.30 - 6.00pm Family Circuit

Tuesday

12.15 - 12.45pm Gentle Circuit
5.00 - 5.30pm Young Lifestyles

Wednesday

5.30 - 6.00pm Family Circuit

Thursday

10.00 - 10.30am Open Session
10.45 - 11.15am Open Session
5.45 - 6.15pm Young Lifestyles
6.30 - 7.00pm Family Circuit
7.00 - 7.30pm Gentle Circuit

Friday

4.30 - 5.00pm Family Circuit

Sunday

10.30 - 11.00am Gentle Circuit

Note: Height restrictions apply. Under 16's must be supervised by a parent or guardian except for Young Lifestyles. EASY LINE is a range of equipment by Technogym.[®]





Health problems? A long time since you last exercised?

Don't worry, when you register, there are a few basic questions about your health to answer. Sessions are fully supervised and YOU set the pace!

Want to give it a go?

Book your place by phoning Coxhoe Leisure on 0191 301 8302, the Leisure Hotline on 0191 301 8556, or register at www.activedurham.co.uk. If you're part of a group or organisation, contact the centre to discuss booking a session to suit your needs.

Enjoyed it? Want to keep it up?

The circuit will remain at Coxhoe until the end of June 2009. Charges and class timetables will be available in March for April to June, contact the centre for details. The circuit will then be placed at various community venues across the district. Watch out for details.

Coming up in April!

We'll be promoting coaching, volunteering and local club membership.

- Develop your sporting skills by joining a local club
- Take part in taster sessions
- Find out about coaching qualifications, we can even provide funding
- See what volunteering work you can get involved in
- Football, athletics, rowing, badminton, fencing, hockey, cricket and more...

Contact Tom Beales on 0191 301 8425 for further information.

Active Durham in March was brought to you by:

