

“Wellness on your doorstep”



It's your facility - run by the community for you!



Elbow Lane, Formby, Merseyside. L37 4AB
Tel: 01704 879366

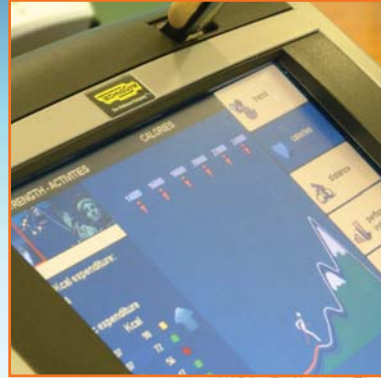


WELLNESS LIFESTYLE

“Wellness on your doorstep”

- Wellness presentations
- Weight management support
- Individual training plans
- Comprehensive class timetable –
- Varied membership packages available
- Breaking down the barriers to a healthier life

It's your facility - run by the community for you!



“WELLNESS ON YOUR DOORSTEP” WELLNESS LIFESTYLE

- The Wellness Suite – a 30 station fitness facility with advanced wellness techno gym equipment
- Wellness instructor support & guidance
- Structured training plans
- Fitness testing available & included in membership
- Comprehensive class timetable – including Aqua-fit, Pilates and Body conditioning
- 25 metre (five lanes) main pool
- 12 metre teaching pool
- Café Area

New for 2008

Wellness presentations
 Weight management support
 Varied membership packages available
 The key to achieve your sense of wellbeing with our professional guidance and support.

“A vibrant community facility committed to your health and well being....”



Tel: 01 704 879366