

Join any time during January or February and get 2 months for the price of 1.

Flexible membership to suit you.

Come along today for your free trial.

Concessions available for students and over 55s

Children under 2 swim free
Must be accompanied by an adult

Prices(pcm)

Gym	£18.50
Swim	£12.50
Gym & Swim	£23.50
Gym Concessions	£13.50
Swim Concessions	£10.00
Gym & Swim Concessions	£18.50

NEW Term Time Opening Hours!

Starting Tuesday 8th January

Gym
Monday - Friday
6.30am - 9.00am and 4.00pm - 9.00pm
Saturday
9.00am - 4.00pm
Sunday
9.00am - 3.00pm

Swimming
Monday - Friday
6.30am - 9.00am and 6.00pm - 9.00pm
Saturday
11.00am - 4.00pm
Sunday
9.00am - 3.00pm

For school holiday timetables please check our website, or contact the gym.

Contact Us

Website: www.heronfitness.co.uk

Phone: 01522 880425

Email: enquires@heronfitness.co.uk



New Years offer!
2 Months for the price of 1.

Double the Fitness for half the price

New Extended Opening Hours!

Starting 8th January 2019

Facilities

Heron's Fitness is a fully stocked health and fitness centre situated at Branston Community Academy.

Come visit our gym and swimming pool, with friendly staff on hand to help you achieve your health and fitness goals.

Swimming hats no longer compulsory for public swimmers



Our goal is to provide a brilliant facility for the community whilst avoiding the pressures of corporate health centres. With no joining fee or minimum term contract Heron's Fitness gives members the freedom to focus on training and to enjoy themselves.

Swimming Lessons

Heron's Swimming Lessons are fun, friendly classes that start by getting your child comfortable in the water and progress up to advanced swimmers achieving distances in excess of 1000 metres. More information on specific classes can be found on our website: www.héronsfitness.co.uk

Lessons run Monday to Friday 4pm – 6pm and Saturday's 8.30am – 11am.

Call us on 01522 880425 for more information or to book a place.



Swimming lesson attendees can now use the pool at no extra cost during public swimming times. Children under 12 must be accompanied by an adult

Classes

Our fitness classes are available to everyone, not just members, please call or check our website for more information.

Aquafit Aerobics
Thursday 6:00-6:45pm

Unique Yoga
Tuesday 6.30-7.15pm

Class prices are £3 for members and £4.50 for Non-Members.



UNIQUE YOGA
by Amanda



New classes coming soon
Check our website for updates.