

## TEST DRIVE A NEW YOU

Take advantage of our instructors expertise as they guide and motivate you to achieve your goals!

Sound like something that would help you? Speak to our gym team or receptionists to learn more about our Member journey, you can take part at no extra cost!



**YOUR MEMBER JOURNEY**  
**SPRINGWOOD LEISURE CENTRE**

Guiding you through your first 12 weeks of fitness

**FOUR CONSULTATIONS OVER A 3 WEEK PROGRAMME**

**CONSULTATION 01**  
SET YOUR GOALS

**CONSULTATION 02**  
PROGRESS YOUR WORKOUTS

**CONSULTATION 03**  
SHAKE UP YOUR PROGRAMME

**CONSULTATION 04**  
REVIEW YOUR ACHIEVEMENTS

**FREE**

Speak to a member of our team today to start your journey

## HAVE YOUR SAY!

We aim to continuously improve our services, but we can only do this with your ideas and feedback. Let us know what is good, what you think could be better and what you would like to see in the future. Simply fill in a Have Your Say form and place it in the box at reception.

Or you can email us at [springwood.sports@derby.gov.uk](mailto:springwood.sports@derby.gov.uk).

## MEMBER ACHIEVEMENTS

Our gym member Liz's dedication is paying off in the gym as she strives towards her goals. Liz has been training 4 times a week at Springwood Leisure Centre and has been using a range of activities to keep her motivated. "I have really stepped things up since I got engaged in May and realised I really need to lose my relationship/happiness weight. Also my dad bought me the MYZONE heart rate monitor in June for my birthday. Prior to this I used the gym mainly for classes but didn't use the gym very often. I now spin twice a week and do Bodypump a couple of times. I also use the seconds app for my own circuits with Sprints, taking inspiration from my goal which is to have more confidence in my clothes. I wish to be strong not skinny. Currently I can do about 3 press ups but want to be strong enough to finish a set of 15. I'd love to be able to do a pull up. I'd also like to run 5km in under 30 minutes." Well done Liz on your great attitude and dedication to your goals. The team are here to help and support you all the way!



## OUR NEW PARTIES

We now have even more ways to celebrate! Let us take the headache out and put the fun into your next birthday party. Our flexible range of packages have something to suit everyone.



### DISCO PARTIES - £70

Play musical party games, dance and disco the day away in a fun atmosphere of disco lights, inflatable instruments and sound system for party music. You even get a separate room with tables and chairs for you to offer rest breaks, food and refreshments for your party. There are a number of add-ons to enhance the fun; fancy dress, photo frames, and a smoke machine to name a few!

### TODDLER TEA PARTY - £50

Soft play, kids kitchen, toys and teddies . . . what a great environment for your birthday boy or girl to celebrate and enjoy their day! With an area to set-up party food, this really is a cute and cosy location to celebrate.

### BOUNCY CASTLE AND SOFT PLAY - £80

Bouncy castle and soft play parties are now even better! With new soft play to freshen up the offer, you now get the whole 2 hours in the hall, so even longer to make use of the bouncy castle and soft play area. Tables and chairs are set up for you to deliver your party breakfast in this popular setting.

Speak to our reception team or visit [inderby.org.uk/birthdays](http://inderby.org.uk/birthdays) for more information, prices or to book.



## NEW LOOK FOR GYMNASTICS AND TRAMPOLINING

As we launch our new look for coaching at Springwood Leisure Centre you will start to see this roll out in the New Year. As well as our coaches wearing new uniform, our newly branded t-shirts and other merchandise will be available for those taking part in our coaching courses to buy.



### BOOK YOUR HALF-TERM ACTIVITIES NOW!

February half-term activities are now bookable at the Centre. For more information see our Family Fun guide, visit us online or speak to the team to get the latest information. We recommend you book for any activities you wish to attend.

