

WHAT'S ON

AT THE LEMINGTON CENTRE

www.healthworksnewcastle.org.uk/services/gyms

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Keep Moving
1.30 to 2.30pm

Gym
8am to 7.30pm

Yoga
9.30 to 11.30am

Gym
8am to 7.30pm

Gym
8am to 6pm

Sweat Box
6.15 to 7.15pm

Gym
8am to 7.30pm

Karate 5-16yrs
5.15 to 6.15pm

Yoga
9.30 to 11.30am

Gym
8am to 7.30pm

Karate 16+yrs
6.15 to 7.15pm

SATURDAY

Gym
9am to 1pm

Karate
11.30 to 12.30pm

All our exercise classes are individually priced, please ask at reception.

When joining our Gym you will need to complete an induction with a member of staff - please speak to one of the team, visit our website or call us on 272 4244



**Healthworks
Gym**