

TISBURY & DISTRICT SPORTS CENTRE

A facility provided by Wiltshire Council,
where everybody matters

Strong Women (and Men) Stay Young

Forget about plastic surgery and operate on yourself in the Gym, with a workout that will keep you strong, healthy and young.

We all know exercise is good for us, but weight training combined with aerobic exercise is also a good form of exercise, known as “Cross Training”. It can send a wake-up call to all your nerves, stimulate muscle cell growth and helpful enzymes, make you glow with vitality and boost your metabolic rate, burn more calories, shape and firm up those hips, thighs and arms.

It will also increase your bone density and help to ward off the possibility of Osteoporosis (Brittle Bone Disease) in later life, something which is occasionally appearing in females as young as 18!! You reach your peak of bone density by the age of 30. From then on maintenance is the key. Eating a good healthy diet and working out regularly will go a long way to helping your bones. Working your muscles will also help keep the bones in good condition.

You can achieve all this for less now too, with a number of our activities being reduced in price.

New Activities

Beginners Archery – 6 week course from Thursday 31st May

Pilates – register your interest at Reception

Zumba – re-commencing Thursday 7th June at 6pm

For further details, a copy of our programme, a copy of our prices, or to book any activity, please contact us via one of the options below.

- Reception, tel: 01747 871141,
- e-mail us at tisburysc@wiltshire.gov.uk,
- visit the website at www.wiltshire.gov.uk
- Follow us on Twitter@TisburyLC or Facebook.