

Workout Class Information

Start Strong... Stay Strong with **SmartStart** Workout Classes



Look out for the SmartStart Symbol on our latest class timetable.

SmartStart classes are perfect for someone who is just starting on their fitness journey, or who is returning after time away. Our instructors will support you to get the best possible start.

View the latest timetable and book your classes online at www.eastbourneleisure.co.uk/classtimetable

SmartStart classes are held in our gym sports hall and are run by our qualified gym instructors.

Let us guide you through a workout using equipment you might not have had the chance to use before in a safe environment.

Classes can be booked at reception 7 days in advance or online via our website www.eastbourneleisure.co.uk 8 days in advance

For the latest info visit...
www.eastbourneleisure.co.uk

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