



Carn Brea Leisure Centre Trust – PRESS RELEASE

Leisure Centre helps slimming club fight obesity

Staff at Carn Brea Leisure Centre Trust, in Pool, have teamed up with Slimming World for their Community Weight Loss Challenge in an effort to help beat obesity.

Slimming World members and their friends are being encouraged to give their weight loss a boost by participating in a free and exclusive, fitness class taster experience.

It will feature tasters of the popular Les Mills Body Training System classes Body Balance, Body Step and Body Pump, along with a Spinning session and a sample of the newest addition to the Centre's timetable: the Latin inspired, dance fitness class Zumba.

Gym and Studio Manager, Amelia Blackford, said: "We are really excited to be able to forge a partnership with Slimming World and think together we can make real steps towards beating obesity.

"Exercise is the best way to aid weight loss and we offer such a wide range of classes that there really is something for everyone! The taster experience is the perfect introduction to our full fitness classes, and allows people to try as little or as much as they like."

The hour session will be held in the Leisure Centre's main studio on Saturday 5th March and will start at 12:30.

Booking is advised, as there are limited spaces available, to book a free place contact Carn Brea Leisure Centre Trust on 01209 714766.

February 2011

For more information contact Tilly Smith on 01209 722000 or membership@cblc.co.uk.