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ABC Leisure update: December 2008

As an added benefit of your membership we have now changed the advanced booking period for online bookings to 8 days (normal booking period 5 days).

All following activities are available to book online including Gym Workouts and All Weather Pitch bookings. To book online visit our website or see a member of staff - they will be happy to help.



New treatment in the spa

Indulge in this truly luxurious and totally organic top to toe massage. Our luxury [organic body products](#) are packed full of essential oils, vitamins, minerals, EFAs and anti oxidants providing serious skin nourishment, plus incredibly precious micronised sapphires known for their powerful calming and harmonising benefits. This deeply nourishing and relaxing signature treatment will be sure to leave your mind and body completely relaxed. Call us or [visit our website](#) for more details.



Class change from next month

Rise and Step with Susan

Monday & Wednesday 6:15am-7:00am (Studio #1)

Start your day right with a healthy dose of cardio! Join Susan for [Rise and Step](#) and wake up to fun step combos, high-intensity intervals, a bit of strength training and great music. Beat the sun and break a sweat before work!



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