

fitness classes @ Marsh House Avenue

the venue for sporting success

Thames Road, Billingham,
Stockton-on-Tees,
TS22 5EG

SPORT

Northfield School
& Sports College

HEALTH

Sportsdrome

FITNESS



Stockton-on-Tees
BOROUGH COUNCIL

SPORT

Northfield School
& Sports College

HEALTH

FITNESS

Marsh House Avenue

**Northfield Community Sport,
Marsh House Avenue Site,
Billingham, Stockton-on-Tees, TS23 3HB
Tel: 07775 227 468
Heather.Leighton@northfieldssc.org**

BOOTCAMP: MARRS FITNESS

A high intensity circuits programme designed to help you reach your fitness goals efficiently. The course runs over a twice a week programme with a qualified trainer, who will help motivate and encourage you to reach your specific needs.

Class sessions: **Monday 6.15pm - 7.00pm
Friday 6.15pm—7.00pm**

Venue: **Marsh House Avenue
(Gymnasium)**

Contact name: **Tom MARRS**
Contact number: **07769 356 558**
Price: Contact for Details



NEW CLASSES

If you are wanting to set up a new fitness class or wishing to establish your class at a new venue then consider Northfield Sportsdrome as the venue for your base.

We have superb quality facilities, including changing rooms, relaxing lounge room, meeting room, along with a variety of activity areas available for hire.

STOCKTON LEISURE & SPORTS DEVELOPMENT



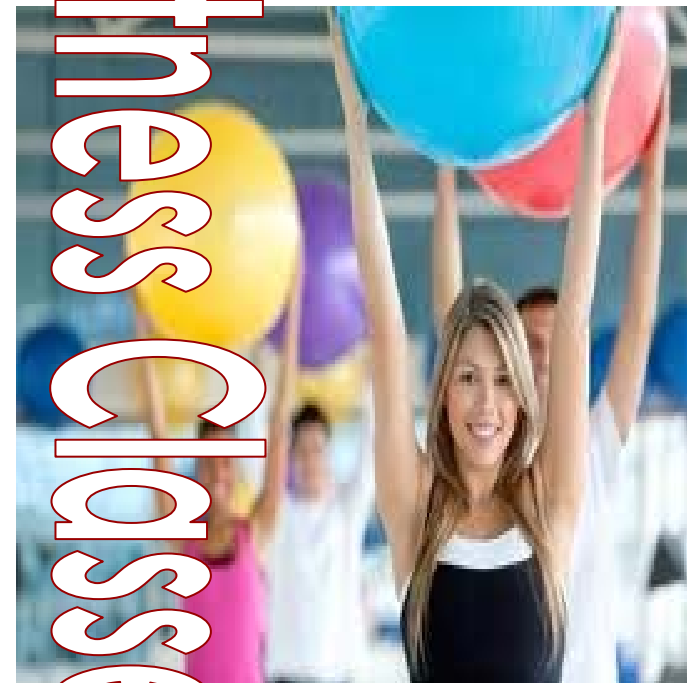
If you are unable to find any sports or activities here at the Sportsdrome, contact Stockton Leisure & Sports Development on:

01642 526 695

**Northfield Sportsdrome
Northfield School & Sports College
Thames Road, Billingham, TS22 5EG**

**Phone: 01642 556 396
Fax: 01642 360 392**

Fitness Classes



Why not add an extra dimension to your workout by joining in with either an aerobics or circuits class. These fun instructor led sessions are designed to give you the maximum burn and provide an all over body workout. Call now for further information and bookings.

01642 556 396

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Northfield Sportsdrome is proud to host the following fitness classes.

All the clubs mentioned play a vital role in helping promote and develop sport & fitness.

Should you identify any sports that you may be interested in trying for the first time or developing your skills please contact the centre direct.

If you are unable to find a sport & contact name. refer to the back page for further information.

BACK 2 BACK

Back 2 Back is a fitness class designed & led by a qualified physiotherapist to help participants with back related problems & issues.

Class sessions: **Thursdays 6.00pm - 7.00pm**

Venue: **Northfield Sportsdrome
Dance Studio**

Contact name: **Kathleen Younger**

Contact number: **01642 570 384**

Price: **Contact for Details**

TAI CHI

Tai Chi is an ancient art form renowned for its relaxed, graceful and flowing movement.

Our instructor Lesley Smith is a student of Marie Paulinus who has practiced TAI CHI for 18 years, training with several Chinese masters both in the UK & China.

Class sessions: **Tuesday 6.30pm - 7.30pm**

Venue: **Northfield Sportsdrome
(Dance Studio)**

Contact name: **Northfield Sportsdrome**

Contact number: **01642 556 396**

Price: **Member: £2.75**

Non-member: £3.75

Discounted Block Bookings Available!

CIRCUITS

This instructor led session is a great all over body workout, exercising & invigorating all areas. It is also a great cardio & toning session. Including circuit training into your workout programme really can add an extra dimension to your fitness levels.

Class sessions: **Wednesday 6.30pm - 7.30pm**

Venue: **Northfield Sportsdrome
(Dance Studio)**

Contact name: **Northfield Sportsdrome**

E-mail:

Contact number: **01642 556 396**

Price: **Member £2.75
Non-member: £3.75**

Discounted Block Bookings Available!

PERSONAL FITNESS ASSESSMENT

Our Fitness trainers are on hand to produce a high quality fitness assessment to help identify your strengths, weaknesses & fine tune areas of development. We test aspects like blood pressure, peak flow & body fat percentages to name a few! Book your personal fitness assessment today and an excellent base point of your development.



Venue: **Northfield Sportsdrome**

Contact Name: **Northfield Sportsdrome**

Contact Number: **01642 556396**

Price: **£5.00 per session
£20.00 For 5 Sessions
£35.00 For 10 Sessions**

ZUMBA

Zumba is a fun and enjoyable way to not only improve your fitness but to also dance to music. Our instructor Matt Campbell has various dancing up beat tunes that will not only get you in a dancing rhythm but also get you sweating. It's fun, fit, and a great way to meet new people. If you want a new way to get fit why not come down and give it a try.

Class session: **Thursday 7.00pm– 8.00pm**

Venue: **Northfield Sportsdrome (Dance Studio)**

Contact Name: **Matt Campbell**

Contact number: **07476 627135**

Email: **mcampbell@darlington.ac.uk**

Price: **£3.50**