

Booking Information

All classes are free with our all-inclusive fitness membership.

Off-peak classes are Monday-Friday 9am-5pm and any time at weekends. These classes are free to Off-Peak and PTL Fitness Members.

Please book your class in advance as places are limited. Bookings can be made up to 7 days in advance. You can now also use our new Online Booking service for fitness classes and sports activities. For further details visit www.link4lifeolb.org or contact Reception.

Due to the limited class places available please give a minimum of 48 hours notice for any cancellations to enable us to contact our reserve list.

Failure to follow cancellation procedure may lead to removal of personal booking privileges.

Refunds will only be made where the required notice has been given.

Members should be aware of our cancellation policy – details available from reception.

Please arrive on time for your class. Late arrivals may lose their place in the class

BOOKING AND ENQUIRIES:
01706 927560

All classes
Peak £6.30
L4L Card £5.65
Off peak £5.10
L4L Card £4.60
Visit our website for full class details

Information about our other sessions

Details of junior and family sessions are also available, including the Activity Gym and Link4Life Swim Academy programme. Let us help you plan your family fitness programme – daytimes, evenings, weekends or holidays you can co-ordinate your session times or take part together.

Membership Details

To find out more about our range of membership options, call or ring to speak to one of our friendly fitness co-ordinators.

Prices start from as little as £19.50 per month.



SWIPE & SAVE WITH YOUR LINK4LIFE CARD
Extra discounts also available.
Pick up details of how to sign up for yours now.



Calderbrook Road, Littleborough, Lancs, OL15 9JN
01706 927560

www.link4life.org/littleborough

Littleborough Sports Centre



Monday

10am - 11am	Pilates
11am - 12pm	Gentle Keep Fit
11am - 11.45am	Studio Cycling
6pm - 7pm	LBT
7pm - 8pm	Pilates
7pm - 7.45pm	Studio Cycling

Tuesday

10am - 11am	LBT
11.15am-12pm	Yoga
6pm - 7pm	Body Sculpt
7pm - 8pm	Aerobics
7.15pm - 8pm	Studio Cycling

Wednesday

10am - 11am	Pilates
11am - 12pm	Gentle Aerobics
6pm - 7pm	Boxercise
6.15pm - 7pm	Studio Cycling
7pm - 8pm	Zumba

Thursday

10am -11am	Zumba Gold
6.30pm - 7.15pm	HIIT
7pm - 7.45pm	Studio Cycling

Friday

11am - 12pm	Mobility Improvement
7pm - 8pm	Yoga

Saturday

10am - 10.45am	Studio Cycling
10am - 11am	Zumba

Key

 Dance

 Cardiovascular

 Conditioning

 Holistic