

The Bodyworks Fitness Studio & Vibrogym

Our modern and stylish Bodyworks fitness studio is the ideal place to work out. The fully air-conditioned studio has a full range of cardio and resistance equipment and qualified fitness consultants to assist with your workout as you take in the stunning views of the Norfolk coastline. We even have an exclusive Vibrogym training machine to help you exercise your muscles to their maximum capacity, enabling you to become more toned and flexible, without putting unnecessary pressure on your joints!

Junior Bodyworks

The Oasis also offers Junior Bodyworks supervised fitness sessions for 8-15 year olds on weekdays between 3.30pm and 5.30pm and at weekends from 9am until 12noon.

Aerobic Exercise Classes

At the Oasis we offer a variety of different group fitness classes every week in our fully air-conditioned aerobics studio. Our group fitness programme caters for all fitness levels and ages. So whether you are highly energetic and enjoy upbeat classes or someone who simply wants to exercise to keep supple and toned, we have a class for you. For more information please refer to our aerobics classes timetable which can be obtained from our main reception or downloaded on our website.

50 + Mornings

For those of you that are still young at heart and like to keep active why not come along and join us from 9am to 12.00noon on Monday's and Thursday's, during our 50+ mornings? Whether you want to take part in one of our aerobics classes, enjoy a gentle game on our indoor bowling green, or prefer to take part in a supervised session in our fitness studio followed by a swim we have something for you. All guests also receive a free cup of tea or coffee during their visit.

Swimming Lessons

At the Oasis we offer a full programme of swimming lessons, suitable all ages and abilities. Our next course starts in September 2010, so please refer to our swimming lessons leaflet or call us for more details.

Squash

The Oasis has a glass backed squash court available to hire. For more information please contact us.

Indoor Bowling

The Oasis has a four rink indoor bowls hall which is open all year, with bowls for hire.

Private Facility Bookings

The Oasis is available for private bookings, for more information please contact the centre directly.

Leisure Pool - Family Fun Sessions

Our main leisure pool is open as normal with the addition of floats and pool toys, see Saturday pool programme.

Fees & Charges

From 1st April 2010

		Non Leisure Card	Leisure Card	Concession Leisure Card
General swimming	Adult	£4.70	£3.05	£1.65
	Junior	£3.55	£1.65	£0.80
Adults only, parent toddler and length swimming		£3.90	£3.05	£1.65
Aerobics and water aerobics		£4.75	£4.20	£3.05
Junior Bodyworks		£3.15	£2.35	£1.60

Free Swimming

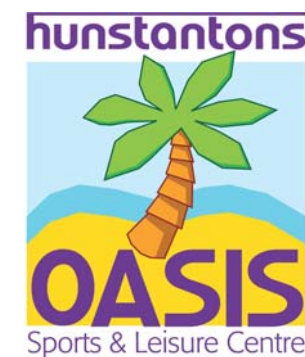
Following the Governments decision to withdraw funding for the free swimming initiative earlier than planned, from Sunday 1 August swimming for 16's and under and the over 60's will be charged at the standard swimming prices indicated above.

Leisure Pool - Under 8's Admission Policy

Children under 8 years - All under 8 must be closely supervised by a responsible adult over the age of 16 years old. Children aged between 4 and 8 years old must be accompanied on a ratio of 2 children to 1 adult

Children under 4 years - All children under 4 years old must be accompanied on a ratio of 1 adult to 1 child unless the children are wearing BS, EN or Kite Marked arm bands or buoyancy jackets when 2 children may be accompanied by only 1 adult.

Oasis Sports & Leisure Centre
Central Promenade
Hunstanton
Norfolk PE36 5BD
Tel: 01485 534227
www.oasisleisurecentre.com



Summer Programme 2010



The new **Fun Castle** indoor adventure play area is open daily!
www.funcastle.co.uk

General Facility Opening Times

Weekdays 7:30am - 9:30pm

Saturday & Sunday 8am - 8pm

Last admission / reception closes 30 minutes prior to closing.

Issue 41 - July 2010

Supersedes all previous issues.

A quality leisure service provided by
 Borough Council of
**King's Lynn &
 West Norfolk**



