

Expresso 45

Enjoy the social side of exercise!
A complete workout in just 45 minutes!

Circuit training with style!

Improve your health & physical condition and enjoy a better lifestyle!

Suitable if you are male or female, a complete beginner through to those used to training within a gym environment.

Participants must be 14+

Expresso 45 is also available for private hire for sports clubs & organisations requiring additional strength & metabolic training.

Sessions cost £3 & are available at:

Howe Bridge Sports Centre
01942 870403

Robin Park Sports & Tennis Centre
01942 828550

Leigh Indoor Sports Centre
01942 487800



W I G A N
LEISURE & CULTURE
T R U S T

in partnership with Wigan Council

active **life**



Expresso
45

by Easy Line Technogym