

# CHOOSE FITNESS

DONCASTER'S LARGEST HEALTH & FITNESS PROVIDER

£24.00  
Corporate rate  
per month

TO JOIN EMAIL

corporate@dclt.co.uk

## CHOOSE FITNESS

kick-start your fitness journey with Doncaster's largest health & fitness provider Choose Fitness. So whatever fitness goals you have set for yourself, we can offer a helping hand.

Choose Fitness members have unlimited access to;

- > 6 GYMS
- > 1,000+ WEEKLY SWIMMING SESSIONS
- > 2,000+ WEEKLY FITNESS CLASSES
- > SPA & WELLBEING

Free  
Boditrax  
Scan

**boditrax**  
precision body composition



## FACILITIES

Choose Fitness Gyms provide a wide range of facilities so you can choose how to get fit.

FEATURES ACROSS THE GROUP INCLUDE

- > Resistance Equipment
- > Cardio Vascular Equipment
- > Free Weights area
- > Functional Work Station (SYNGY)
- > Vibration Plates
- > Group Cycling Studio
- > Free Parking Facilities
- > Fully Air Conditioned Gyms

## DISCOVER CLASSES

### LES MILLS GROUP FITNESS

Do the hard work & the results will follow

- Body Combat
- Body Balance
- Body Pump
- Grit Series
- Body Attack
- Sh'bam

GET MOVING - GET LIFTING - GET INSPIRED

### BALANCE & COORDINATION

Improve your balance and flexibility

- PIYO
- Qi Gong
- YOGA
- Relax & Flex
- Pilates
- Body Balance

EASE YOUR MIND & BUILD STRENGTH

### BUILD & BURN

Get lean, tone up and release your inner warrior

- Grit Series
- FV Cycling
- Les Mills Sprint
- Zumba
- LBT
- Synrgy

### AQUATICS

Switch gym shorts for swim shorts

- Aquafit
- Aqua Zumba

BOOK  
ONLINE

## SWIMMING

No matter your fitness level the general benefits of swimming is yours to go out and grab.

Choose Fitness members have full access to;

- > 6 Swimming Pools
- > 100 Weekly Sessions

### FULL BODY WORKOUT

Swimming uses all the muscles in the body so whether you swim a gentle breaststroke or hammer butterfly, you will get a full body workout

### GENERAL WELLBEING

Just 30 minutes of swimming three times a week alongside a balanced, healthy diet and lifestyle is one of the best ways to stay fit and healthy and maintain a positive mental outlook

### DE-STRESSES AND RELAXES

Swimming regularly can lower stress levels, reduce anxiety and depression, and improve your sleep patterns. Feeling the mental benefits of swimming takes just a light swim.

### BURN THOSE CALORIES

Swimming is one of the most effective ways to burn calories. A gentle swim can burn over 200 calories in just half an hour, more than double that of walking.

EXERCISING  
WITHOUT  
THE SWEAT

FOR SESSION TIMES VISIT

WWW.CHOOSFITNESS.CO.UK

## THREE FREE DAYS WITH CHOOSE FITNESS

TRY FOR FREE

Still not sure if Choose Fitness is right for you? Well why not give it a try for three consecutive days totally free of charge.

That's Unlimited access to;

- > 6 Gyms
- > 6 Swimming Pools
- > Over 200 Fitness Classes
- > Sauna & Steam Room

Simply head to our website and complete our free trial form and we'll send you your pass straight to your inbox.

TAKE YOUR FIRST STEP TODAY

WWW.CHOOSFITNESS.CO.UK

NO  
JOINING  
FEE

## VENUES ACROSS DONCASTER

### Adwick Leisure Complex

Welfare Road, Woodlands, Doncaster,  
DN16 7QF - 01302 370777

### Armthorpe Leisure Centre

Mere Lane, Armthorpe, Doncaster,  
DN3 2BZ - 01302 370777

### Askern Leisure Centre

Churchfield Road, Campsall, Doncaster,  
DN6 9LN - 01302 370777

### Crookhill Park Golf Course

Carr Lane, Conisbrough, Doncaster  
DN12 2AH - 01302 370777

### Choose Fitness - Balby

Sandford Road, Balby, Doncaster, Doncaster,  
DN4 8EE - 01302 370777

### Dearne Valley Leisure Centre

Doncaster Road, Denaby Main, Mexborough  
S64 0LB - 01302 370777

### Rossington Community Swimming Pool

West End Lane, Rossington, Doncaster  
DN11 0DU - 01302 370777

### Rossington Community Sports Village

Bond Street, Rossington, Doncaster, DN11 0BZ - 01302 370777

### The Dome

Doncaster Lakeside, Bawtry Road, Doncaster,  
DN4 7PD - 01302 370777

### Thorne Leisure Centre

Thorne Leisure Centre, Haynes Road, Thorne, Doncaster,  
DN8 5HX - 01302 370777

- Gym
- Synergy
- Sauna
- Sunbeds
- Boditrax
- Cycle Studio
- Fitness Classes
- Steam Room
- Aroma Room
- Football Courts
- Free Weight Area
- Swimming Pool
- Jacuzzi
- Indoor Sports
- Golf