

Glenravel Community Development Association

"Placing sport at the heart of our community."

New Fitness Suite

Opening August 2009



- Full-time Fitness Instructor
- Steam Room
- **15** 'Get You Out of Breath' machines
- **10** 'Muscle building' machines
- Cardio Theatre
- Free Weights Area
- Personal Programmes
- Group Classes



Competitive Membership Rates

£18.50 DD per month - 16-59 year olds

£15 DD per month - Over 60s

Pick up a Registration form at **Spar** (Martinstown) or **Costcutters** (Cargan)

Project
funded
by

