



# Community News

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## Contact Us

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## Introduction

Fullbrook opens its doors to the community all year round to help showcase its fantastic facilities whilst also generating essential income to help supplement the school budget. We have been consistently developing our community use program over the past 20 years and this has led to the construction of 1<sup>st</sup> class sports facilities as well as various other studios, halls, meeting rooms and function rooms which suit a variety of needs.

The centre piece of this is our Sports Centre which houses the Fitness Suite, Sports Hall, 3G Floodlit Artificial football pitch and an extensive group fitness timetable which is the envy of many other schools in the area.

Please take a moment to read about the range of fantastic activities on offer for both adults and children and either book into try something new or spread the word to your friends so that they too can hear about all the exciting activities that are on offer to the wider Fullbrook community.

## Gym Membership



Fullbrook Sports Centre has gym memberships available for only **£20 per month**. There are no joining fees or contracts and the non intimidating atmosphere makes Fullbrook the perfect choice for your health, fitness and budget.

Membership entitles you to full access to the fitness suite and also a Group Fitness Timetable that is comparable with many more expensive and exclusive Health Clubs. Experienced staff are on hand to make you feel welcome and to achieve your exercise goals.

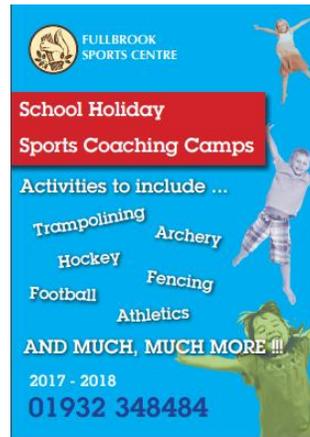
We have recently installed brand new state of the art Cardio and resistance equipment which provides a first class teaching environment for our students and a superb members gym for the extended Fullbrook community.

Although we have a thriving membership we are not too crowded, meaning no long wait times to get on the equipment that you need. The friendly atmosphere in the gym makes the gym an excellent alternative for both experienced "gym goers" and those completely new to exercise.

To join Fullbrook, please contact [irwinn@fullbrook.surrey.sch.uk](mailto:irwinn@fullbrook.surrey.sch.uk) and quote discount code NEWS1 to get 1 months completely free of charge.

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## Childrens Activities



We are pleased to announce the return of Fullbrook Sports Centre's popular [Sports Coaching Camps for 2017-2018](#). We were unable to run in the summer of 2017 due to the vast amount of site improvements taking place during the summer holidays but having made these essential improvements our sports coaches are back and raring to go.

Activities are open to children aged 5-12 and are a fantastic way for youngsters to let off steam and have some fun during the school holidays. Children will have the opportunity to take part in a vast array of sports including Football, Trampolining, Hockey, Fencing, Athletics and much much more.

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## Group Fitness Timetable

Fullbrook Sports Centre has developed a Group Fitness Timetable that brings together the latest fitness trends and the best Group Fitness instructors to its members. The vast majority of these classes are included in the £20 membership but are also open to non members for prices ranging from £5-£8 per class.

Please have a look at the latest timetable to see the wide range of classes available and contact reception to make a booking.

<http://www.fullbrook.surrey.sch.uk/group-fitness-timetable>

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## Pickleball???

Fullbrook is not afraid to stretch the boundaries and try new things, so why don't you too? Pickleball is a fantastic new sport which will be popular with tennis, table tennis and badminton players and is suitable for people of all ages. We have started a club on Thursday evenings 5.30-7.30 and the initial response has been fantastic. Please take a look at the link below to get an idea of what is involved and then why not give it a try??

<https://www.youtube.com/watch?v=qrAK1OBTFU>

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## Fitsteps



We are pleased to announce that Fitsteps will be starting at Fullbrook on November 5<sup>th</sup>. Fitsteps is a fantastic fusion of dance and fitness and will build on the success of the annual "Strictly Come Dancing Craze" to bring some of the glitz and glammer to Fullbrook. Members are able to attend free of charge and non members are £6 per class.