

# NEW YEAR, NEW YOU!



Fit4  
Life  
MEMBERSHIP

## AT THE DOLPHIN CENTRE

### JOIN TODAY AND RECEIVE:

FREE unlimited access to the Pulse Fitness Suite  
FREE unlimited access to the swimming pool  
FREE unlimited access to aerobic and fitness classes  
FREE personalised fitness programme  
FREE lifestyle assessment (optional) usually £15  
PLUS exclusive added value offers available to members throughout the year  
THERE'S...  
No joining fee and No administration fee

EXCELLENT  
VALUE!

ALL THIS FOR LESS  
THAN £8 PER WEEK!

REMEMBER THE HARDEST  
PART IS GETTING STARTED.

Joining couldn't be easier and we're dedicated to helping you get into shape. Don't put it off. Call the Dolphin Centre today on 01325 388406 or call in for your FREE, no obligation tour.

## PERSONAL TRAINING

Are you looking for someone with passion and motivation to help you meet your exercise goals?

Our personal trainers are experts and REPs registered (Register of Exercise Professionals) which means that regardless of your target or your fitness level

### TOGETHER WE CAN MAKE IT HAPPEN.

Your personal training programme can include anything from a gym workout through to swimming, running, boxing and much more.

**For only £20**

For further details please speak to a member of staff or visit [www.darlington.gov.uk/dolphin](http://www.darlington.gov.uk/dolphin).

Personal Trainers  
that care about  
their clients are  
REPs registered



REPs  
The Register of  
Exercise Professionals  
[www.repsregister.co.uk](http://www.repsregister.co.uk)

REPs is an independent public register which recognises the qualifications and expertise of health enhancing exercise instructors in the UK. One of our key functions is to provide a system of regulation for instructors and trainers to ensure that they meet the health and fitness industry's agreed national occupational standards.

SkillsActive  
[www.skillsactive.com](http://www.skillsactive.com)

liveDarlington 