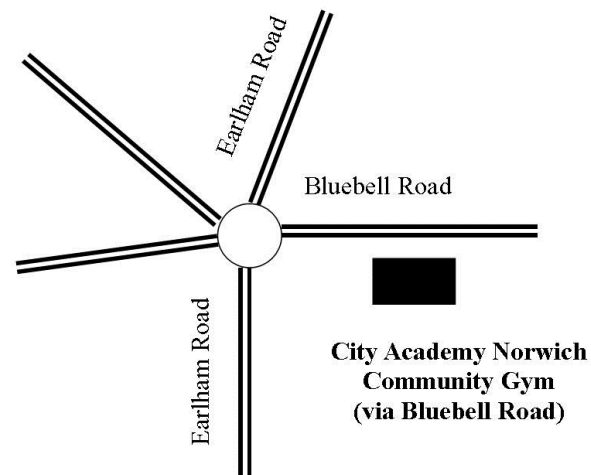


Opening Times

Mon 5:00pm - 21.30pm
Tues 5:00pm - 21.30pm
Wed 5:00pm - 21.30pm
Thurs 5:00pm - 21.30pm
Fri 5:00pm - 21.30pm
Sat 9:00am - 1:00pm
Sun CLOSED



Where to find us?



Contact Us

City Academy Norwich
Community Sports Centre
City Academy Norwich
299 Bluebell Road
Norwich
NR4 7LP

Tel. (01603) 452628

E-mail. lettings@cityacademynorwich.org

Website. www.cityacademynorwich.org



www.twitter.com/@CANSportCentre



Helping our local
community stay
healthy



Opening Times
Monday to Friday
5:00pm - 21.30pm
Saturdays
9:00am - 1:00pm

Tel. (01603) 452628

Introduction

The City Academy Norwich Community Sports Centre is a friendly facility located in the west of Norwich. The aim of the Centre is to help people improve or maintain their fitness at an affordable price.

We have a modern, well equipped gym that provides an excellent facility for everybody whether your goals are to;

- lose weight
- build muscle
- improve fitness
- meet new people
- stay active and have fun.

At our new Centre we offer a wide range of fitness classes and sports clubs that everyone from the local community can get involved in. For details of what classes are on and when please contact us on the contact details overleaf or drop in to our reception at the Sports Centre where our staff will be more than happy to help.

Don't just take our word for it. Come in and have a FREE tour to see for yourself.

Equipment

Cardiovascular Equipment

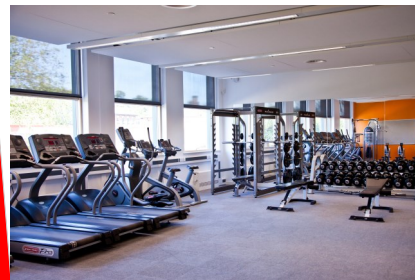
We have an excellent range of equipment including: treadmills, cross trainers, exercise bikes and rowing machines which are all there to help you improve your overall fitness.

Regular use of this equipment can improve the function of the heart, lungs and circulatory system, increase stamina and burn calories.



Resistance Equipment

We have a wide range of resistance machines which allow you to target individual muscle groups.



Free Weights

We also have a wide selection of free weights including bars, dumbbells and benches where you can create exercises to suit your individual needs.



Fees

We offer very competitive rates whether you want to pay monthly or on a session by session basis.

Single session £3.00

Monthly membership £20.00

Benefits include:

- NO contract
- NO sign up fees
- FREE personal work out plan

To book in for a free induction send an email to the email address overleaf or simply drop into the Sports Centre reception.