

# MANOR PARK FITNESS CENTRE

## VENUE HIRE

Manor Park Fitness Centre is a state-of-the-art gym and fitness centre that activeNewham opened in partnership with Newham Council. This facility is of an exceptional quality and is equipped with the latest Life Fitness equipment. Manor Park Fitness Centre is easily accessible via National Rail, London Overground, Bus and Road.

### SPIN STUDIO

The Spin Studio at Manor Park Fitness Centre houses a large volume of the state of the art Life Fitness spin bikes. This can be hired with an instructor, or can be hired for a virtual class. Virtual classes are a new trend in the fitness industry and are perfect for those who want to work out on-demand!



### SYNRGY BLUESKY

The Synrgy Bluesky unit was the first to be activated in Europe. This superb outdoor circuit training solution offers a truly unique experience whereby members can use their own bodyweight in a variety of exercises to get active, and have fun while doing so!



### CHANGING FACILITIES AVAILABLE

For information on prices and availability, please email: [Timothy.Stack@activeNewham.org.uk](mailto:Timothy.Stack@activeNewham.org.uk)