

News & Information

We would like to take this opportunity to welcome our newest member of staff, Sarah Walker, to Spinnakers bar and restaurant and also to say a big welcome back to Vicky Heath, Duty Manager, who has been on maternity leave for the past four months. It's good to have you back with us Vicky, however we must also sadly say a goodbye to Caroline Wood who was covering the Duty Manager shifts during that time.

We have a salsa evening coming up in February which I'm sure will interest many of you, as it proved to be a very popular event previously, so if you are interested please contact reception to book your tickets before they all sell out!

And finally we would like to wish all of you a Happy New Year from all of us here at Waterfront Leisure.

Aerobic Class Timetable

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ten O'clock Body Shock 10.00am-11.00am With Angela	Mix And Match 10.00am - 11.00am With Michelle	Freestyle Yoga 10.00am-11.00am With Michelle	Better Bottoms 9.30am-10.30am With Jenni	Pilates 10.00am-11.00am With Nicola	Power Yoga 10.00am-11.00am With Paul	Gentle Spin Cycle 10.00am- 10.45am With Angela
Sunday Soup 11.15am-12.00pm With Angela	Kick Start 7.30pm-8.15pm With Dan/Lucy	Squash Bucklers 6.00pm-8.00pm With Zena	Aqualicious 11.00am-11.45am With Pat	Spin Cycle 6.15pm-7.00pm With Angela		Super Noodle 11.00am-11.45am With Angela
Sunday Service 6.00pm-8.00pm With Zena	Tums And Bums 7.15pm-8.15pm With Pat	Fantastic 4 6.15pm-7.15pm With Dan	Taoist Yoga 7.30pm-8.30pm With Paul	Squash Bucklers 6.30pm-8.30pm With Zena/Cliff		Sports Circuits 11.00am-12.00pm With Dan
	Fantasy Football 9.00pm-10.00pm With Tim	BMX Bandits 7.30pm-8.15pm With Amy	Tai Chi 8.30pm-9.30pm With Paul	Nip & Tuck 7.00pm-7.45pm With Angela		
		Burnout 8.15pm-9.15pm With Amy	Boot Camp 8.00pm-9.00pm With SGT Lucy	Noodle Soup 8.00pm-8.45pm With Angela		

Waterfront Leisure. 173 Pier Road, Gillingham, Kent, ME7 1UB.

Website: www.waterfrontleisure.co.uk

Enquiries: Tel: 01634 280033 enquiries@waterfrontleisure.co.uk

Quiz Night

Saturday 21st
November 2009



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Want To Learn Salsa?

SATURDAY 13TH FEBRUARY
7.30PM UNTIL MIDNIGHT

SPEAK TO THE RECEPTION TEAM FOR MORE DETAILS AND
TO BOOK YOUR TICKETS!!

SALSA DANCERS
PERFORMING
AND TEACHING

BUFFET MEAL

TICKETS £16

DRESS CODE:
LOUNGE SUIT /
COCKTAIL DRESS

SPECIAL OFFER

IF YOU HAVE BEEN A MEMBER OF
WATERFRONT LEISURE FOR OVER 1 YEAR YOU WILL
RECEIVE A DISCOUNTED TICKET PRICE.

THE DISCOUNTS ARE AS FOLLOWS:

OVER 1 YEAR - 5% OVER 2 YEARS - 10%

OVER 3 YEARS - 15%

OVER 4 YEARS - 20% OVER 5 YEARS - 25%



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