



LA  **ActiveLife**
SPORTS & FITNESS CENTRE



“ A healthy attitude is contagious, don't wait to catch it from others. Be a carrier. ”



located at Lambeth Academy

laactivelife.co.uk

T: 020 3056 0617 E: info@laactivelife.co.uk

WELCOME TO LA ActiveLife

We hope you will enjoy all the facilities at LA ActiveLife Sports and Fitness Centre. The Centre is for use by all the local community and the staff are here for you, so please ask if there is anything we can do to help.



MEMBERSHIP

We offer a variety of memberships at very affordable prices to cater towards your fitness needs. You can pay by either a monthly direct debit or upfront for the year which includes a considerable discount of **2 MONTHS FREE**. For more information on the type of membership best suited to you, please speak to a member of our team. Your membership includes unlimited use of the gym and classess.

GYM

The gym is full of cardio equipment and resistance machines to give you a complete workout. If you want to try some different exercise we also have a functional training zone to make your routine more challenging and fun.



GROUP WORKOUTS

Working out with friends in a group can be highly motivating and fun and with the classes being included within your membership you have no excuses for not giving them a try. We offer a wide range of classes for all abilities and there is sure to be one that suits you!.

Please note: Some group sessions may be run as courses and if this is the case these will incur an additional cost.

PERSONAL TRAINING

Sometimes we all need that little extra help and motivation when working out and having a personal trainer on hand to get you working towards your health and fitness objectives can make all the difference. For more information please see a member of the team. I am sure you will be surprised how little this costs especially when it helps you towards achieving your goals.



SPORTS HALL & OUTSIDE PITCHES

We have a sports hall and outside Multi-Use Games Area (MUGA) available for hire. Sports include : Badminton, netball, basketball and 5 aside.

Bring family and friends and have some sports fun!

For more information on booking please speak to one of the team or visit the website www.laactivelife.co.uk

Why not let your friends know?

For every person you refer to join the Centre, you will receive one of our **special** monthly prizes. Get your friends or loved ones to come and see us and mention your name and we will make sure you are **rewarded**.

HOW TO BOOK

To book with LA ActiveLife or for further information on any of the facilities, group workouts, personal training or sports hall & outside pitch hire, please feel free to contact us on:

T: 020 3056 0617

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www.laactivelife.co.uk

LA ActiveLife

Sports & Fitness Centre

Lambeth Academy, Elms Road,
Clapham, London SW4 9ET

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T: 020 3056 0617

www.laactivelife.co.uk



“ Stop saying
I wish and
start saying
I will ... ”

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/La-Active-Life

Opening times

Monday-Friday:
5pm - 9.30pm

Saturday:
9.30am - 2.30pm

Sunday: Closed

