

Tel: 0118 9015812

**OPEN NOW
GYM & SWIM
MEMBERSHIP**



HIGHDOWN SPORT AND LEISURE LTD

Surley Row,
Reading
RG4 8LR

Sport & Leisure Ltd



Aspire



We are pleased to announce that our fully refurbished gym and swimming pool is now open to the public. Membership includes a full gym induction with one of our REPS chartered personal trainers, a bespoke 4 week training program tailored towards your goals, and of course use of our gym and swimming pool. If you are interested in joining, would like to view our facilities or require any further information, we are located in the large building on the left hand side of the carpark when entering the school. Alternatively please feel free to call us or email us:

dutymanager@highdown.reading.sch.uk

**Fully refurbished
gym and swimming pool**

**1 to 1 consultation
(Assessment and goals)**

**Fitness Training and
Nutritional Advice
& Guidance**

Only £5 Joining Fee

**All for just £18.50
per month!**

