
Forest Leisure

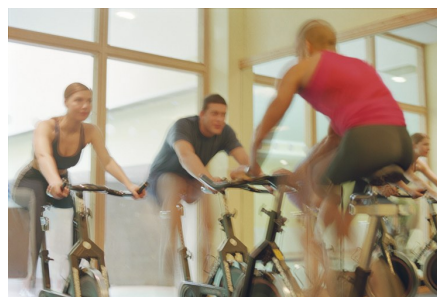
At Forest Leisure we understand that whilst on holiday you may wish to continue your training program and we'd like to make it a little easier for you!

Our five centres are perfectly situated in each of the five major towns within the Forest of Dean. These locations are easy to get to and have everything you need to enjoy a successful workout!

Or, if you're visiting during the school holidays...we have a fantastic range of children activities every school holidays!



Get more from life



Forest Leisure—Cinderford

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Forest Leisure—Coleford

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Forest Leisure—Lydney

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Forest Leisure—Newent

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Forest Leisure—Sedbury

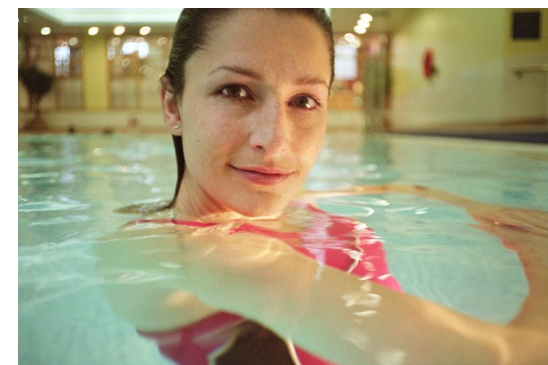
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Forest Leisure

**Cinderford—Coleford—Lydney
Newent—Sedbury**



@forest_leisure



forestleisurecentres

www.forestleisure.org.uk

Weekly Ultimate Membership

New for 2015!

We now offer a weekly membership for those on business or visiting the area. For only £17.50 per week you can use all the facilities at each of our five centres; fitness suite, swimming and fitness classes*



* Subject to availability



Classes and Activities

We have a wide variety of classes and activities across each of our 5 centres, which can all be booked online www.forestleisure.org.uk.

Whether you are at advanced training level or just beginning, there are classes for everyone at different ability levels.



Play Scheme

There is always a wide variety of entertainment for the children during the holidays at Forest Leisure. We have everything from play scheme, crafty kids and sports and races to bush craft, bounce and play and snorkeling. We also have Ofsted inspected childcare available at Forest Leisure Lydney.



Swimming

4 of our centres have fully heated indoor swimming pools offering a great place to enjoy a splash, during those wet weather days!

Great for keeping fit and having fun!

Swimming Pools are located at Cinderford, Coleford, Lydney and Newent.



Keep in touch...

To keep up to date with all our news, promotions and fitness tips follow us on Facebook and Twitter!



www.forestleisure.org.uk

For further information please visit our website www.forestleisure.org.uk or e-mail memberships@fdean.gov.uk.