

STALHAM COMMUNITY GYM



LOTTERY FUNDED

Stalham Poppy Centre
Recreation Ground
Recreation Road, Stalham
Norfolk NR12 9BH

www.stalhamcommunitygym.org.uk
Registered Charity No: 1157745

Unlimited use of gym and classes for
one low monthly fee
All abilities and ages welcome
(Juniors 12 - 16)

For more information call into the gym
or contact our fitness professional

Paul O'Connell
on
07910 748111



FREE
1 to 1 with
personal Trainer

OPENING TIMES

**Mondays, Wednesdays,
Thursdays and Fridays**

7am - 12 noon

Tuesdays and Thursdays

5pm - 8pm

Sundays

9am - 12 noon

Health and Wellbeing for All

JOIN US FOR
YOGA
EVERY FRIDAY
AND
PILATES
ON WEDNESDAYS
INCLUDED IN GYM MEMBERSHIP