

**Bridge Card Office**  
Bridgend Recreation Centre  
Angel Street  
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**Swyddfa Bridge Card**  
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Dear Customer

## Get active, stay active with the Bridge Card!

As a valued customer, we are pleased to inform you of some great news that will improve the service you receive when visiting **Bridgend Recreation Centre** and **Maesteg Sports Centre**. As part of a £450,000 investment at both centres, we are installing state-of-the-art Technogym and the Wellness System in our No Limits Fitness Suites, this will be completed during June and July.

### The Key to Your Personal Wellness

The Wellness System will help you to follow and view your personal goals, exercise programmes and progress. The system makes training easy, efficient and rewarding. The Wellness key itself guides you through workouts and gives feedback to help reach your personal goals.

**Bridgend Recreation Centre** will be relocating the No Limits Fitness Suite to the Bowls Hall to minimise disruption to customers. This will allow us to install the new equipment, induct existing customers before the official launch of the Technogym Equipment and Wellness System. As part of this we are offering you the opportunity to have your induction before the launch, which will allow you to train as soon as the NEW No Limits Fitness Suite re-opens on the 13th July 2009.

- ◆ No Limits Fitness Suite will close on 4th June - Re-open in the Bowls Hall on the 6th June
- ◆ Pre-opening Inductions in the NEW No Limits Fitness Suite: From 30th June

**Maesteg Sports Centre** will close their No Limits Fitness Suite for a few days whilst the new equipment is installed.

- ◆ No Limits Fitness Suite will close on 29th June and re-open on 2nd July

You will need to undertake an induction and purchase the Wellness Key before using the new equipment. The induction will include:

- ◆ An awareness of the new Technogym Equipment
- ◆ The functions and benefits of the Wellness System Key

The cost for the key will be £10, this is to cover the cost price to us, and will need to be purchased before you can use the NEW No Limits Fitness Suite. Once you have purchased your key, you then have the flexibility of using three No Limits Fitness Suites in the borough - Ynysawdre Pool and Fitness Centre, Bridgend Recreation Centre and Maesteg Sports Centre.

We have attached the new Wellness Questionnaire (Par-Q) which every customer has to complete before training. We would be grateful if you could fill this in and bring to the centre next time you train, we can then ensure that your details are inputted before your induction - this will ensure the process goes as smoothly as possible. You can also book your induction at the centre, please book early to avoid any disappointment or delay to your training.

For further information don't hesitate to contact us on 01656 641277 (Bridgend) or 01656 815050 (Maesteg).

We look forward to seeing you at our centres soon and enjoying the benefits of the new equipment and facilities.

Yours faithfully

**Bridge Card Marketing Team**

