

Be active, Be healthy, Be^{3x30} ...

Three sessions of 30 minutes per week is all it takes!

aerobics aikido **aquarobics** archery athletics
badminton **baseball** basketball BMX boccia body
building body combat body jam **body pump**
canoeing circuit training cricket cross country
cross training cycling **dance** **exercise** exercise
machine football **golf** gym gymnastics half
marathon health and fitness hockey jogging judo
karate kayaking **keep fit** martial arts
mountain biking netball orienteering pilates **pitch**
and putt rambling **ranger** **walks** road
running **roller blading** roller skating rounders
rugby sailing seated tai chi skateboarding skipping
softball **squash** step machine **sub aqua**
swimming table tennis taekwando tai chi
tennis track running **trampolining**
volleyball walking weight training weight lifting
wheelchair **accessible** **sports**
windsurfing **yoga** **Be^{3x30}**



BRACKNELL
LEISURE CENTRE



EDGBARROW
SPORTS CENTRE



SANDHURST
SPORTS CENTRE



THE LOOK OUT
DISCOVERY
CENTRE



CORAL REEF
WATERWORLD



DOWNSHIRE
GOLF COMPLEX

Be active, Be healthy ...

Be^{3x30}

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... over 60 ways to stay active in Bracknell Forest.

Available at our leisure sites, parks and countryside areas.



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www.bracknell-forest.gov.uk/3x30



BRACKNELL FOREST

Be

LEISURE