

NATIONAL FITNESS DAY

Celebrate National Fitness Day with us and bring your friends and family to try a variety of fun and free activities. Open to all ages and interests, you'll find more ways to move at your local leisure centre.

Book your free sessions at **better.org.uk/book** or via the Better UK app.

24TH
SEPTEMBER
2025

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398.

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