



Bridport Leisure Centre

Run by Bridport & West Dorset Sports Trust Ltd as a strictly not for profit organisation (Registered Charity No. 267781), Bridport Leisure Centre aims to offer a wide range of recreational facilities and activities to the people and visitors of West Dorset with a view to improving their quality of life.

At Bridport Leisure Centre we strive to make every single one of our customers happy and satisfied, bending over backwards to meet your needs, as we want you to enjoy your time with us.

Whether you're looking for an energetic workout, a relaxing swim or a competitive game of squash, Bridport Leisure Centre has a range of facilities to suit everyone's needs and wants in a friendly environment.

We also play a vital part within the local community, catering for schools, clubs, local organisations and societies, with the Centre attracting over a quarter of a million visits each year.

The Active Wellbeing Range

Our NEW and EXCITING Active Wellbeing Range of classes are lower in impact than our standard classes which makes them suitable for those looking to improve or maintain health through a gentler form of exercise. They are also ideal for those recovering from illness or injury. Our classes follow a format that challenges your core, your balance and your strength in a safe and enjoyable way.

<http://www.bridportleisure.co.uk/active-wellbeing-range.html>

What is the Exercise Referral Scheme?

This scheme enables GPs and Health Professionals to refer their patients to Bridport Leisure Centre, so we can assist you in recovering from illness or injury or to develop a more active lifestyle. Our specially trained instructors will provide you with a personalised 12 week programme and advice about how to exercise safely.

<http://www.bridportleisure.co.uk/exercise-referral.html>