

# Special Offer for Over 50s

Bring a friend and get your fitness class or gym session for free

## 19th-31st July 2010

\*Your friend must be over 50 and a non member. They will receive a FREE 3 month BVAL membership card allowing them to have discounted membership rates to all centre activities during this time. First time gym users will receive a free induction. Please book this at reception

Available at:  
Blyth Sports Centre  
Concordia Leisure Centre  
Sporting Club of Blyth  
Sporting Club of Cramlington

Ask at Reception for more details

[bval.co.uk](http://bval.co.uk)



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turning health around