

FREE 6 WEEK COURSE

Shimmy, Shake & Feel Great!

@ Swinnow Community Centre

Free crèche provided at children's centre

Free refreshments

Give it a go? a different activity each week

Learn about weight management, nutrition, exercise, or suggest your own theme?

Zumba

Pilates

Circuits

Yoga

Aerobics

Street Dance

Wednesday 23rd March

Wednesday 30th March

Wednesday 20th April

Wednesday 27th April

Wednesday 4th May

Wednesday 11th May

10am-12pm

Places are limited. To book yours today please contact Sarah Haigh at Swinnow Children's Centre on 0113 2146130.

For more information please contact Becky Gunn, Health Development Worker on 0113 295.

