

Charity Fitness Event

3 hours of fun fitness for everyone

10 February 2012

11:05 – 11:55 Boot Camp

12:10 – 12:50 Zumba Fitness

13:10 – 13:50 Core Conditioning

All activities will be carried out in the sports hall
maximum class size is 100 per session

Each session needs to be booked in advance
and donations can be given on entry to the
class.

The charity that we are raising money for is
Childhood First

Childhood First is a charity that provides specialist therapeutic
care, education and treatment to children suffering severe
emotional and behavioural disturbance as the result of early life
trauma.

To book sign up today at the Sport Centre
Reception