



MOVE IT
OR LOSE IT!®



STRENGTH AND BALANCE CLASSES

VENUE: HALTON TENNIS CENTRE, HP22 5PD (INDOORS)

WHEN: EVERY FRIDAY (STARTING 29TH NOVEMBER 2019)

TIME: 1PM-2PM

COST: £5 PER SESSION

FOR MORE INFO CONTACT CORINNE:

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 07988 649275

  [activeinsport](#)

 www.activeinthecommunity.org.uk

**FIRST SESSION
FREE WITH
COMPLIMENTARY
TEA & COFFEE!**

HALTON UK

TURN UP AND PAY SESSIONS