



Fit Club



WEDNESDAYS

1:30-3PM

£5 INCLUDING A DRINK

**AT HFT
RESOURCE CENTRE**

- **A WEEKLY WEIGH IN**
- **AEROBICS SESSION** (WITH QUALIFIED TEACHER)
- **HEALTHY EATING ADVICE**
- **GAMES AND GENTLE EXERCISE**

**DROP IN TO HFT RESOURCE CENTRE
FOR MORE INFO CALL MELISSA: 02089429769**