

EASY MOVERS



DO YOU WANT TO...

Get back into physical activity?

Improve mobility?

Lose weight?

*From aerobics to circuit training, **Easy Movers** is a fun and friendly group class to improve health and fitness*



£2



WEDNESDAYS

6.30pm-7.30pm

Countesthorpe Leysland Community College

Winchester Road, Countesthorpe LE8 5PR
SPORTS HALL (Leysland Building)

For more information contact
Blaby District Council Health and Leisure Services
on tel: 0116 2727703, email: leisure@blaby.gov.uk
or visit the on www.sportblaby.org.uk