

# Combat Aerobics

*Tameside Sports Services*

**Starts Wednesday June 23rd**

**6.00pm-6.45pm**

**(6 week taster)**

**Ken Ward Sports Centre**

Hattersley road east  
Hattersley, Hyde SK14 3NL

**Age 16+**

**£1.00 per person**

All abilities welcome, suitable for beginners through to regular exercisers aimed to improve health and fitness.  
No need to book just turn up and have fun with this martial arts style class.

For more information please call Debbie Barham on 07966378504 or Tameside Sports services on 0160 367 1320 or visit [www.tameside.gov.uk/getactive](http://www.tameside.gov.uk/getactive)

 **Tameside**  
Metropolitan Borough  
Great lives, excellent services

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4 life**  
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Tameside Sports Services is part of the Change4Life movement. Visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life) or call 0300 123 4567 for more information.