

Tone And Shape

Tameside Sports Services

**Starts Thursday 24th June
(6 week taster)**

**2.00pm-2.45pm
(in dance studio)**

Ken Ward Sports Centre

Hattersley Road East, Hattersley
Hyde SK14 3NL

Men and women welcome 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 light weight endurance class.

For more information call Debbie Barham on 07966378504 or Tameside Sports Services on 0161 367 1320 or visit

www.tameside.gov.uk/getactive

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Metropolitan Borough
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