

Aerobics

Tameside Sports Services

**Starts Monday 21st June
(6 week taster session)**

1.00pm-1.45pm

Ken Ward Spots Centre

Hattersley Road East
Hattersley
SK14 3NL

(in dance studio)

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 aerobic based session

For more information call Debbie Barham on 07966378504 or Tameside Sports Services on 0161 367 1320 www.tameside.gov.uk/getactive



Tameside Sports Services is part of the Change4Life movement. In order to maintain a healthy weight we need to both eat well and move more. Many families are making changes that will help them live healthier and longer lives. Visit www.nhs.uk/change4life or call 0300 123 4567 for more information.