

# *Female only fitness sessions*

***A variety of activities  
take place each session  
Sundays 10-11am***

***Costs only £1 per person per session***

If you have any questions, please don't hesitate to get in touch.

Please wear trainers and bring a bottle of water.

No need to pre-book just attend 5 minutes before the session



Great activity for getting fit and making new friends at the same time.

Forages 5 and above

All equipment provided

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