

MARTIAL ARTS



JUDO ON MONDAY

Juniors (Age 6 - 15)
6.30 - 7.30pm

Seniors (15 - Adult)
7.30 - 8.30pm

TANG SOO DO ON TUESDAY

Mixed Junior and Seniors
7.45 - 9.15pm

For more information
and prices please ring

01772 786669

Freedom Fitness Gym

- Open 7 days a week
- Free sports club for 12-16 year olds
- Group or personal inductions
- A personally designed programme
- Combine classes and exercise an overall workout
- If you have any existing health problems you will be able to be referred onto our Health Lifestyles Referral Scheme.

To find out about our fantastic offers, more information, or to have a look around the facilities call 01772 786669

To book a place for Sports Club, and to find out times, text LGYM and your name to

0797 191 3330



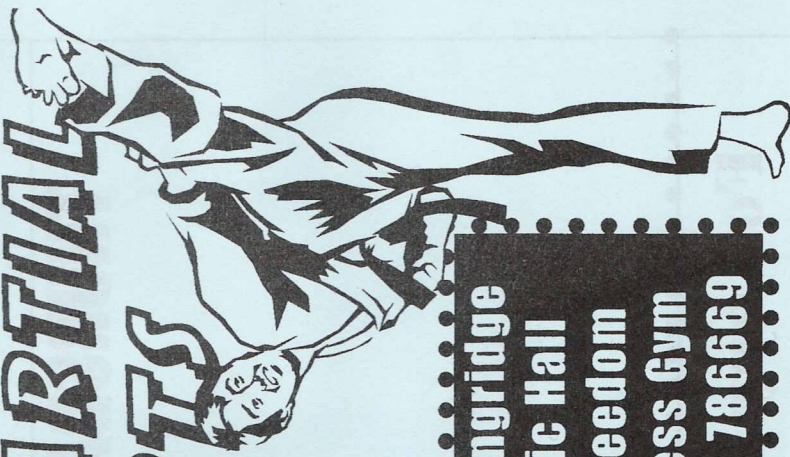
Remember - places are limited!

Dance



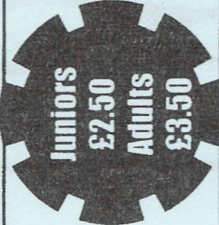
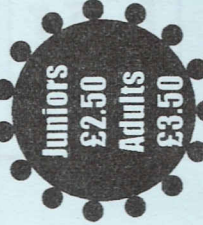

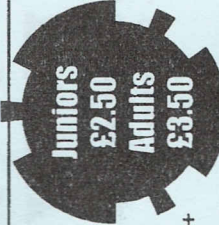


Fitness &

MARTIAL ARTS



at Longridge
Civic Hall
& Freedom
Fitness Gym
01772 786669

<p>MONDAY</p>	<p>2 - 4PM</p>	<p><i>Afternoon of Dance or Leisure, for the over 50's</i></p> <p>Multi activities, lessons or a lead dance held every Monday</p>  <p>£2.50 including refreshments</p>
<p>WEDNESDAY</p>	<p>4 - 5PM</p>	<p>Cheerleading & Streetdancing</p> <p>Fully supervised, CRB cleared & insured</p>  <p>For ages 5 - 13 years</p>
<p>WEDNESDAY</p>	<p>5 - 6PM</p>	<p><i>Fitness Belly Dancing for Health</i></p>  <p>Suitable for beginners</p> <p>Class age group 14 years+</p>
<p>THURSDAY</p>	<p>5 - 6PM</p>	<p>Salsais</p> <p>fitness & dance fusion to Salsa sounds</p>  <p>Suitable for beginners</p> <p>Class age group 14 years+ (Juniors 14-16)</p>
<p>THURSDAY</p>	<p>6 - 7PM</p>	<p><i>Beginners Latin & Ballroom</i></p>  <p>Learn to Mambo, Cha-Cha, Salsa & more Class age group 14 years+</p> 
<p>THURSDAY</p>	<p>7 - 8PM</p>	<p><i>Intermediate Latin & Ballroom</i></p> <p>Brush up those steps & maybe learn a more demanding dance</p>

For any Advice or Information Call: 01772 786669