

BODYFIT PROGRAMME



All sessions are Women Only - Book your place via the relevant centre:

ACCRINGTON: 01254 871771

BURNLEY: 01282 429672

PRESTON: 01772 259211

Facebook: LWCBodyfit **Website:** www.womenscentre.org

All sessions run weekly - school term time only

Classes are **FREE for first 6 weeks as a trial and then a minimum £1 per donation per session will be required.

SESSION	AREA	DATES	VENUE	TIME	CONTENT
BOX FIT	BURNLEY	THURS 22/09/16	Central Methodist Church, Hargreaves St, Burnley, BB11 1DU	10:30am - 11:30am	A fun, energetic class using the basic principles of boxing...a full body workout to increase fitness & reduce stress levels.
DEFENCE FIT	PRESTON	MON 14/11/16	Meet at LWC, 31 Fishergate Hill, Preston, PR1 8DN	12:30pm - 2pm	A fun, energetic class using the basic principles of self-defence...a full body workout to increase fitness & reduce stress levels.
TONE FIT	ACCRINGTON	MON 05/09/16	Hyndburn Voluntary & Community Resource Centre Cannon St, Accrington, BB5 2ER	1:30pm - 2:30pm	A gentle introduction to improving core strength and muscle toning. Helping you feel stronger, more mobile and more relaxed. Suitable for those with backache and other aches and pains. This small group is tailored to meet individual needs.
	BURNLEY	WEDS 09/11/16	Central Methodist Church, Hargreaves St, Burnley, BB11 1DU	10:30am - 11:30am	
WALK FIT	ACCRINGTON	THURS 08/09/16	Meet at LWC 21-23 Blackburn Rd, Accrington, BB5 1HF	10:15am - 11:15am	A great way to tone up, improve balance and coordination whilst being social! Enjoy the fresh air and local locations whilst chatting with others. You'll soon find yourself getting fitter.
	PRESTON	THURS 10/11/16	Meet at LWC, 31 Fishergate Hill, Preston, PR1 8DN	11:15am - 12:15pm	
ZUMBA FIT	ACCRINGTON	FRI 02/09/16	Hyndburn Voluntary & Community Resource Centre Cannon St, Accrington, BB5 2ER	1:30pm - 2:30pm	A dance fitness exercise class, a real fun and uplifting activity with great music. Work at your own ability level there is no wrong or right, it's all about having fun! It's a great stress reliever and no one ever leaves a class in a bad mood.

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#ThisGirlCan