

Lancashire Health Week Activities

Hyndburn

During health week we have lots of taster sessions available for you to try for free.

Please note there is a limited number of places available booking is advisable.

Please contact the Up & active team **Tel** 01254 385945 (207) or **Email** activelives@hyndburnleisure.co.uk

Monday 18 September	1.30pm – 2.30pm	Circuit	Hyndburn Leisure Centre
	6pm – 6.45pm	H.I.I.T	Norden Sports Centre
Tuesday 19 September	10.30am – 12 noon	Walk and Gardening for Health session	Meet at Hyndburn Leisure Centre
	10.15am – 11.30am	Walking for Health	Meet at Hyndburn Leisure Centre
Wednesday 20 September	10am – 4pm	Walk your mile	Hyndburn Leisure Centre
	5.30pm – 6.30pm	Couch 2 5K	Wilson's Athletics Track
Thursday 21 September	All Day	Your Mile Today <small>Your mile your way</small>	
	10.15am – 11.30am	Walking for Health	The Wellington, Barnes Square
Friday 22 September	10.30am – 11am	Beginners Spin	Hyndburn Leisure Centre

