

# Spring into Shape



## Group Exercise Sessions

For people with learning disabilities, autism & mental health problems

Fun Group Training Sessions

Improve Health

Feel Better

Lose Weight

Make Friends

Run by qualified instructors with experience of working with people with additional needs



**\*Starts 27<sup>th</sup> September 2018**

**When:** Thursdays\* 10.45am – 11.45am

**Where:** The Zone, Parson Lane, Clitheroe, BB7 2JY

**Cost:** £3.50 per session (carers free)  
(FREE to our personal training clients)



**Call: 01254 457026**

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