



Want to be fit and healthier?

Boxercise: Every Thursday 3:30pm – 4:30pm

Circuit Training: Every Friday 3:30pm – 4:30pm

Six week programme from 8th January – 19th February

At Dunmow Leisure Centre, Parsonage Downs, Dunmow, CM6 2AT

To book please contact: Rachel.Jeffs@creativesportandleisure.co.uk

All sessions are FREE

  **#myCLUB1**

CLUB1 Promoters will be on hand to offer guidance, support, enthusiasm and tons of motivation!



StreetGamesUK



StreetGamesVideos



@StreetGames



StreetGamesSportCharity



www.streetgames.org

