

lighten up tighten up



Why not join for FREE.

Yes that right **FREE**. No cost involved. Just your commitment required.

Why Join???

A chance to meet others.

Learn new techniques whilst exercising to help you relax. Work out and build up your energy Levels.

Work at a pace you feel comfortable. No pressure? Have fun

Join in and Learn how to make healthy snacks.
Once you have made them it is your to have and enjoy.

Just join in and have a great time.



To secure a place on this class and a place for childcare please register you interest to:

Rachel at: Armley resource centre
on: 263 2500

Or

Tabassum at: Healthy living network Leeds on: 295 1043

Where: Armley Resource centre,
Chaple lane annex
Chaple lane
Armley LS12 1UT
(behind The One Stop on town street)

When: Tuesday 1st of March to 29th
March.

Time: 9.30 to 11.00am

Lighten Up Tighten Up

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confirm a place for class and crèche
Contact**

**Rachel: 263 2500 or
Tabassum at
Healthy Living Network
Leeds: 295 1043**

Where: Armley