

National Fitness Day 26th September

Free classes at the Wellbeing room- Simon Building, Oxford Road M13 9PL - Activity room and Dual Usage

And The Armitage Sports Centre, Mosely Road, M14 6HE

Class	Time	Location	Teacher
HITT	08.15 – 08.45	The Armitage Sports Centre	Matt Hupalo
Pilates	12.00 – 12.45	Activity Room G.66	Gail Heathcote-Milner
Indian Club Swinging	12.00 – 12.45	Dual Usage Room G.65	Colin Hughes
Express Zumba	13.00 – 13.30	Activity Room G.66	Helen Leah
Tai Chi	13.00 – 13.45	Dual Usage Room G.65	Colin Hughes
Cardioblast	13.35 – 14.05	Activity Room g.66	Shelagh Stedman
Tai Chi Ball	14.00 – 15.00	Dual Usage Room G.65	Colin Hughes
Bums & Tums	17.00 – 18.00	The Armitage Sports Centre	Shelagh Stedman
Bums & Tums	18.00 – 19.00	The Armitage Sports Centre	Shelagh Stedman
Energise Strala yoga class	18.00 – 18.45	Activity Room G.66	Dominika Huterova
Combat	19.00 – 20.00	The Armitage Sports Centre	Wez Tait

Armitage Special offer on Purple Pass for the week of 26th September until 30th September Monthly £15 or Annual £100 (*usual price £20 or £120*)