

Get Fit and Funky!

3rd February 2016 'freestyle' wakey wakey dancing/stretching fun class

Start time: 8am – 8.45am

At the Wellbeing Rooms, in the Activity Room at the Simon Buidling.

Feel free to dress up, the brighter the better - rave gear accepted!

It's all about having fun and energising ready for the day ☺

Free healthy snacks and drinks will be provided to energise you before work.

To book your place e-mail Abigail.saffer-2@manchester.ac.uk

The Facebook page is: <https://www.facebook.com/events/462141663992381/>

