

Free Womens Fitness & Wellbeing Class

At Mike Tobins Gym, Armley

LS12 Community Days

Want to improve your mental wellbeing in a fun supportive, lively environment? Then come and join us!

Be ready to get moving!

Benefits

- Exercise Boosts Brainpower. Not only does exercise strengthen your muscles and tone your body, but it also helps improve mental function
- Exercise Melts Away Stress
- Exercise Helps Ward Off Disease.
- Exercise Boosts Performance and Confidence.

Registration recommended but drop ins welcome. Please arrive 5 minutes prior to the session



Dates & Times

08/04/2024 - 1pm - 2:30pm

22/04/2024 - 1pm - 2:30pm

06/05/2024 - 1pm - 2:30pm

20/05/2024 - 1pm - 2:30pm

03/06/2024 - 1pm - 2:30pm

17/06/2024 - 1pm - 2:30pm

Until further notice



Location: Tobins Gym, Ground, 3 Stanningley Road, Leeds, LS12 3AP (opposite Wilko's)

Contact details:
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