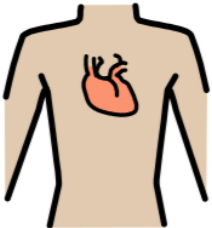


## **FREE online fitness activity sessions**



**Thursdays at 11am**

*(starting 4th June)*

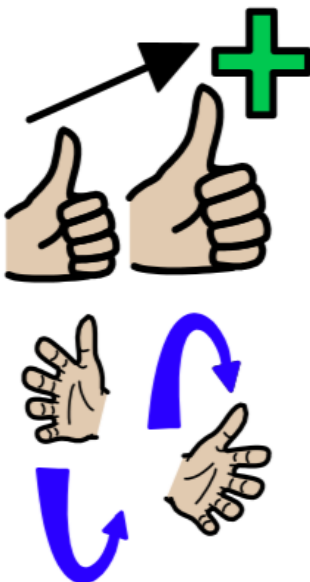
**Healthy Hips and Hearts (easy/gentle)**



**Fridays at 11am**

*(starting 5th June)*

**Fat Burn Fridays (hard/intense)**



- 8 week programme
- Accessible classes, everyone welcome
- Improve health and fitness
- Promote positive mental health
- Make new friends
- BSL/English Interpreter & Captions

### **Interested?**

Contact Danielle Sharps:

[daniellesharps@manchesterdeafcentre.com](mailto:daniellesharps@manchesterdeafcentre.com)

Text/Phone - 07443 683848

