

**NEW**

# Inclusive Fitness Activities

starting Monday 13th July



## Boccia Class

every Monday  
2.30pm - 3.30pm  
£2.50 per person

## Gym Sessions

every Tuesday  
& Thursday  
2.00pm - 3.00pm  
£3.50 per person



please note that these Inclusive Fitness activities are only open to disabled people and their carers

for more information please call reception



inclusive fitness

kwymca is a registered charity

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Textphone users dial 18001 prefix

[www.kwymca.org.uk](http://www.kwymca.org.uk)