

# Participant Information

## No Pre-booking is required

Places allocated on a first come, first served basis

Wear loose fitting clothing, suitable footwear and bring a drink

Outdoor activities may be cancelled due to weather conditions

Please Note that these sessions are no longer provided by Shropshire Community Health NHS Trust.

All instructors hold their own insurance liability.

Sessions are low cost (between £2.50 & £3.50), please contact the appropriate instructor using the contact numbers shown on timetable.

# Community Exercise Sessions

## Timetable: 2013



Exercise classes catering for all abilities and suitable for both men and women aged 16 and over

**ALL CLASSES ARE MIXED UNLESS OTHERWISE STATED**



ZUMBA  
FITNESS



ZUMBA  
FITNESS

Day	Class	Venue	Time	
Monday	Zumba/Toning Beginners	Castle Farm Community Centre Hadley TF1 5N <b>Crèche Available £1 per child</b>	10.00am - 11.00am	Rebecca Young 07773852493
	Running Beginners/ Intermediate	Aldi, Donnington TF2 8AG Meet in the Car Park	Starts 5.30pm	Leighmarie Denley 07865081598
	Ladies Only Gym Session	TCAT Sports Centre Wellington TF1 1PZ	6.30pm - 7.30pm	Jude Bailey 07456505553
	Zumba/Toning Beginners	Horsehay Village Hall TF4 2LT	6.00-7.00pm	Rebecca Young 07773852493
Wednesday	Running Beginners	Wellington Health Centre, TF1 1PZ Meet in the Car Park	Starts 6.00am	Leighmarie Denley 07865081598
	Ladies Only Running Beginners	Morrisons, Wellington, TF1 2NP	Starts 10.00am	Naomi Wrighton 01952 247706
	Zumba Beginners	Donnington Methodist Church, TF2 8DT	6.00pm - 7.00pm	Rebecca Young 07773852493
	Ladies Only Gym Session	TCAT Sports Centre Wellington TF1 1PZ	6.30pm - 7.30pm	Jude Bailey 07456505553
Thursday	Ladies Only Netball - Beginners	TCAT Sports Centre Wellington TF1 1PZ	8.00pm - 9.00pm	Jess Lightwood 07854690907
Friday	Zumba Beginners	Donnington Methodist Church, TF2 8DT <b>Crèche Available £1 per child</b>	10.00am - 11.00am	Rebecca Young 07773852493
Sunday	Running Beginners	Trios, Holyhead Road, Ketley, TF1 5DS Meet in the Car Park	Starts 8.30am	Tracey Whitefoot 07846246809