

# Women-only exercise sessions

## Pilates & exercise

1st taster session on  
**Wednesday 9th Oct  
2013**

**11.45 - 12.45**

Castlefarm Community Centre,  
High St, Hadley. TF1 5NL

**Cost: £2**

## Swimming

**Every Wednesday  
7.30—8.30pm**

Shortwood Swimming Pool,  
Limekiln Lane, Wellington,  
Telford, TF1 2JA.

**Cost:**  
**£3 ladies**  
**£1 under 12yrs**



For further information contact: 07857 868 097