

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