



Us Girls Rocks!

Get together with the girls!

Saturday 7th March 2015 – 12-4pm

Newham Leisure Centre

in partnership with





Fun, Fitness and Friends

For girls and women aged 14 and up. All sessions are FREE.

- Bollywood
- BoxFit
- RaveFitness
- Rebounding
- Zumba
- Free t-shirt for all participants
- Health and Beauty Treatments available

When: Saturday 7th March

Time: 12pm – 4pm (registration from 11.30am)

Where: Newham Leisure Centre, Prince Regent Lane, E13 8SD

Free Crèche available for a maximum of 2 hours (0-5 years) – please book by calling 0300 124 0123†.

Please visit www.activenewham.org.uk for more information.

†This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or “free” minutes the same way as regular landline numbers.

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