

YMCA LEEDS

Hawksworth Wood YMCA
Family Centre
Lea Farm Mount
LEEDS
LS5 3PX

YMCA

Funky Fitness

TUESDAY 12:30 – 2:00pm

12, 19, 26 September 3, 10, 17 October

- ▶ It is a fantastic fun way to get fit as you improve stamina, muscle tone and flexibility to the latest music
- ▶ Suitable for all fitness levels
- ▶ Classes will be conducted in a friendly, welcoming environment

All abilities welcome. You must be aged 19 or over.

**Courses are FREE if you are in receipt of any benefits
OR £3 per hour waged, 80p per hour OAP**

For further information please contact Gayle
TEL 0113 2612484 OR EMAIL info@ymcaleeds.org.uk

YMCA

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION