

Beginner Power Stretch

A relaxing class which helps to improve strength, flexibility, posture and mental awareness

Free 'Taster' Sessions Included!

Book early to avoid disappointment.

Various locations, dates and programmes available. Wear comfortable clothing and trainers. Please bring a bottle of water.

To book

Email: everybodyactive@ardsandnorthdown.gov.uk

Tel: 0300 013 3333 ext.40338

Pre-registration essential: A Participant Registration Form must be completed prior to the programme.

Suitable for all fitness levels and both male and female participants. (16+)



LOTTERY FUNDED

Every Body
Active 2020



Northern Community
Leisure Trust



Ards and
North Down
Borough Council