



# All Body Workout

*Come and join in the fun!*

**Every Wednesday at 10.00am**

(First class starts on Wednesday 6 March 2013, just turn up...)

**at Townsend Community Centre**

Jewell Road, Townsend. BH8 0LT.

With instructor **Helen Ryder!**

For all levels of fitness

As a special offer, all  
classes in March are FREE  
to attend.  
Normally £1.00 per class.

**Have Fun..**



**Meet New Friends..**

**Get Fit!**

For more information call Helen Ryder on 07944318237

Face book: Active Community Bournemouth & Poole

Email: [helryder@hotmail.co.uk](mailto:helryder@hotmail.co.uk)

Or call Townsend Community Centre - 01202 301556

