

activity

Sessions for Young People



Reach your goals & get fitter while having fun! Turn up & book with reception, no membership needed. Sporty clothes recommended, no equipment or previous experience needed. For more information email HPADownham@1life.co.uk

Mondays

Fitness and relaxation girls only (12+) 4-5pm, £2 Improve your fitness then stretch it out with our friendly coach Juliet. Mums, sisters, aunts, friends are welcome as long as they are over 12 but must attend with someone 12-18 years old.

Fridays

12+ Active Friday Night Club (12+) 7.30-8.30pm, £2 Have fun, learn new skills and improve fitness with our coaches Callum and James! Lots of different sports and games will be played and there will also be time for a bit of social times with the club!

Downham Health & Leisure Centre
020 8461 9200



1Life.co.uk



Downham Lifestyles Ltd



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