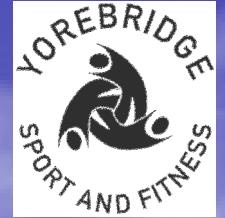




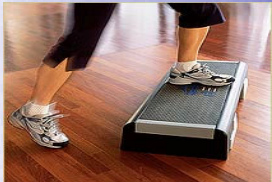
Yorebridge Sport & Fitness January 2009



Mon: 10.00-11.00 Gentle Exercise – Over 50's
5.00-6.30 Yoga
7.00-8.30 Line Dancing



Tue: 6.30-7.30 Dancercise
7.30-8.30 FIT4LIFE
7.30-9.00 Belly Dancing



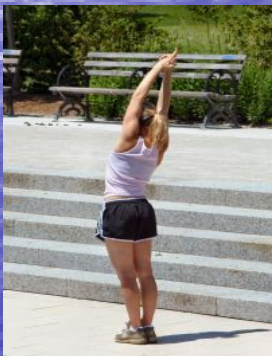
Wed: 6.30-7.30 Ladies Circuits
7.45-8.45 Mens Circuits



Thu: 12.30-1.00 Bums & Tums
5.00-6.15 'Mind Your Back!'
6.30-7.30 Ladies Circuits
7.45-8.45 Step & Tone



Fri: 6.00-7.00 MUGA – Askrigg Jnrs FC
Training (6-16 years)



7.00-8.00 MUGA – Over 40's
Drop-in Football



All Starting back week commencing 12th January 2009, apart from 'Mind Your Back!' which returns on Thursday 22nd January 09.

Please enrol prior to the start of term.

The Yorebridge Sports Development Association Limited.
Company No. 5493687 Registered Charity No. 1126795

Yorebridge Sport & Fitness (YSF) is the corporate brand and is managed by the YSDA Ltd
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