



Yorebridge Sport & Fitness Classes September 2011



Mon: 10.30-11.30am Chair based exercise
6.30 -7.30pm Body Max (Juniors)

Tues: 7.00- 7.45am Boot Camp



Wed: 6.30-7.30pm Body Max (Adults)



Thur: 6.00-7.00pm Clinical Pilates

Fri: 10.00-11.00am Gentle Exercise
7.00-8.00pm MUGA – Over 40's
Drop-in

Football



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
Registered Office: The Wensleydale Centre, Yorebridge, Askrigg, Leyburn, North Yorkshire, DL8 3BJ

Tel/Fax: 01969 650060 Mobile: 07968 606571 Email: admin@yorebridge-sport.co.uk Web: www.yorebridge-sport.co.uk