

'MIND YOUR BACK!'



STIFF BACK? LIKE TO BE MORE SUPPLE?

JOIN SUE LIGHTFOOT AT YOREBRIDGE SPORT & FITNESS FOR A SERIES OF 5 SESSIONS TO RE-EDUCATE YOUR BACK.

Starting on Thursday 22nd January 2009
5.00pm – 6.15pm
£30 for the course.

Sessions are informal and relaxed for both men and women and include Core Stability, Posture, Exercises, Relaxation and Lifestyle.

YOU CAN CHOOSE NOT TO SUFFER WITH A LITTLE BACK CARE KNOW-HOW!

The Yorebridge Sports Development Association Limited.
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Yorebridge Sport & Fitness (YSF) is the corporate brand and is managed by the YSDA Ltd
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