



FIT FACTORY

Improve your general fitness and overall wellbeing!

Sessions include: keep fit routines, circuits, box-fit, walks, mindfulness, dancing, relaxation, healthy meal planning and a weekly weigh-in opportunity. Ages 16+

Just £10 per session (PAs free if supporting). Sessions must be paid for in advance, on a 4-weekly basis.

Please bring a bottle of water and wear loose, comfortable clothing. Wheelchair accessible.

more
than words



Supported by

The Deal

Tuesdays, 4.30pm to 6.30pm at
More Than Words, Unit 2, Pottery Terrace, Wigan, WN3 5DN

Sign Up Now

Phone **01942 735426** for
more info. or just call in.

