

FITNESS FOR ALL

FROM 16TH AUGUST, 2021

Join us every Monday Morning @11am – 12.45 at
St Radigunds Community Centre, Dover, Kent,
CT17 0HL

First 4 sessions free then £3 per session

YOU CAN..



Choose to take part in fitness activities



Meet new people and make new friends



Sit and chat with group members and our Group Motivators



Try new food and drinks for free

Get in touch to find out more:

Email: fitnessforall@turning-point.co.uk

Or call Nicky on 07917 435299