

**FREE**

# OUTDOOR FITNESS CLASS



**Wednesday's**



**2 - 3 PM**



**West Field Playing Field,  
LA1 PE**

**Sessions are FREE to attend and open to all.**

Circuit-style class suitable for all abilities

Contact Tamasin (tlamb@activelancashire.org.uk, 07465 743751) for more more information.



**Challenge through  
Sport Initiative**



**Active  
Lancashire**