

Women Only active health and exercise group

Over 45, This is ideal for you.

Everyone is welcome so come and join us
– your first session is free.

Every tuesday

9:30 – 11:30 am

The Elms

8 Bushloe End, Wigston LE18 2BA

£3.00 per session

No membership fee
- you only pay when
you attend

Contact

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Or just turn up – we would love to meet you. **womentoday**