



Chorley get up and go

Chorley
Council

Clayton Active

A fun, social and active programme

Who should come:

Available for all females aged 16-24

Dates / Times:

Starting **Monday 2 October**
6.30pm - 7.30pm for 8 weeks
Clayton Brook Village Hall

No charges apply.

Two month FREE gym membership included.

FREE
female
fitness course

limited spaces
available

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in partnership with

ACTIVE
NATION

 **abl**
a better life *Central Lancs*

Sportivate
Places People Play


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FREE
female fitness
course
limited spaces
available

FREE
Two month
gym pass

Clayton Active

If you're 16-24 years old and want to have fun, make friends and exercise then Clayton Active could be for you.

All members will be introduced to light exercise while being guided by professionals who will teach you how to exercise, use gym equipment and eat a healthy diet. We want to make sure that you're comfortable with what you're doing so we're here to offer good advice and help you.

Also included in the programme is a FREE TWO MONTH GYM MEMBERSHIP with Clayton Green Sports Centre so it would be a shame to miss out!

This is a great opportunity for those who want to do something a little bit extra and make a positive step towards a healthy lifestyle. If you would like to get involved please come along to **Clayton Brook Village Hall on Monday 2 October.**

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