

Monday

11.30am to 12.30pm

Healthy U Gym

Tuesday

2.00pm to 3.00pm

Healthy U Supers-Gym Circuits

5.30pm to 6.30pm

Healthy U Gym

Wednesday

11.00am to 12.00pm

Healthy U Gym

Thursday

2.30pm to 3.30pm

Healthy U Supers-Gym Circuits

6.00pm to 7.00pm

Healthy U Gym

Friday

2.30pm to 4.00pm

Healthy U Walking Football (Dementia
Friendly)

 @PAULJENNINGSFITNESS

  **For Class Updates**
follow us on Social Media

Contact

Paul Jennings

Exercise on Referral Scheme Lead Instructor
Botcherby Community Centre
Victoria Road, Carlisle, CA1 2UE

Email

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Phone

01228 596992

Pricing

- 3 x Assessments (wk1, wk6, wk12)
- Access to supported two sessions per week

One off Payment: £ 72

Payable on Week 1

-OR-

Two payments: £36

Payable on Week 1 and Week 6

