



THIS GIRL CAN



Mondays



9.15am - 10.15am

**£1
per
session**



**Westbury Community Project,
Eden Vale Rd, Westbury, BA13 3NY**

Low impact exercise class targeting health and wellness!
Designed to improve your fitness, strength and flexibility.

Your body, your choice. Fresh moves every week!

Bringing women together in the community to take the first steps towards a more active lifestyle and to become stronger and happier from the inside out.

Find out more:

 rachael.cornish@wiltshire.gov.uk

**REGISTER
HERE**

