

Latest Dates for the Fit4Life Courses

Website: www.fit4life.com

Bridlington Childrens Centre
1-3pm
2nd Aug – 6th September

‘On the road’ Fit4life courses

Hornsea Freeport
1.30 – 3.30pm
17th Aug – 14th Sept

Patrington Church Hall car park
10 – 12

Healthy Weight (Withernsea surgery)
10 – 12
3rd Sept – 5th Nov

Bridlington Training services
(Work Boost training programme)
9.30 – 11 Closed groups
23rd Sept – 14th Oct

9.30 – 11 Closed groups
18th Nov – 9th Dec

Skipsea Village Hall
10 – 12
8th Sept – 6th Oct

Bridlington Resource Centre
11.45 – 1.15
20th Sept – 18th Oct

Shores (Withernsea)
1 – 3pm
3rd Sept – 8th Oct