

## **Comic Relief Day - Try our big fun night out**

15<sup>th</sup> March 2013 – St Andrews Hall 7pm



**Want to tone-up; lose a few pounds; be more active; improve your health? Why not join other people instead of standing in the front room with a DVD on your own.**

**Come and try the different ways you can do all of the above in a relaxed, comfortable, safe and enjoyable way? There will be ten minute sessions, where you can join-in (or not) and see what suits you best.**

**Yoga; Zumba; Pilates; Street fit; Renaissance Fitness; KFA Moves; Folk Dance; Chair-based exercise; Tai chi and how you can join the Keep Fit Walk group.**

**If you would like to know more about the above benefits and skills, come and join us on the 15<sup>th</sup> March.**

**Please contact us on [E-mail.enquiries@mycca.org.uk](mailto:E-mail.enquiries@mycca.org.uk) for more information.**



organised by Chesterton Community Association with funding from the Cambridge City Council's North Area Committee