

Slim with Gym

Sessions : Between

Tuesday 4:00 – 6:00 pm
(Mixed session)

Wednesday 9:00 – 1:30 pm
(Mixed session)

Friday 10:30 – 12:30 pm
(Women only)
3:00 – 5:00 pm
(Mixed Session)



Session price applies

Venue:
Health Resource Centre
Adelaide Terrace
Benwell
NE4 8BE

Contact Jayne or Geraldine
0191 272 4244

- Weekly Weight Assessment
- Food Info
- Various classes suitable for beginners
- Support, Info & Advice
- Well trained, amazingly fun instructors.
- Have a laugh & achieve your goals



HealthWORKS Newcastle, Adelaide Terrace, Benwell, Newcastle Upon Tyne, NE4 8BE

Registered Charity no: 1040370 / Company Ltd by Guarantee no: 2952583

'Working with communities in Newcastle to reduce health inequalities'

Website www.hwn.org.uk