



Everyone's welcome

Course cost  
£24.00

Fitness

Stamina

Professional  
training

Runs every  
Wednesday in  
term time with a  
5.15pm start

It is a  
great  
way to  
keep in  
shape

6 week  
courses  
currently  
running

Call Huw on 01782 667658 or email us at [community@nchs.staffs.sch.uk](mailto:community@nchs.staffs.sch.uk)