

NEW FITNESS SESSION

Epinay Business and Enterprise School

WEDNESDAYS 5pm-5.45pm

Starting 27 September 2023
(term-time only)

Come along and join in this **FREE** fitness session with a qualified personal trainer. Sessions can be designed to fit the needs of the group and may include meta-fit, boxercise, kettlebells etc

ALL WELCOME

For further information contact

Dianne Mountain, School Business Manager

Epina Business and Enterprise School, Nevinson Avenue,
South Shields. NE34 8BT. Tel: **0191 4898949**

Funded by DFE Opening School Facilities (OSF) fund