

# getactiveweek

# Dewsbury



## Monday 9th May

10-11am	Healthy eating session	Talleem Community Centre , Savile Town
11-1pm	Chair based activity mix, canal boat trips & refreshments	Thornhill Lees Village Hall , Lees Hall Road Thornhill
11-1pm	FREE Health checks	Thornhill Lees Village Hall , Lees Hall Road
11-11.45am	Women only chair-based gentle exercise	Greenwood Library & Information Centre Ravensthorpe
11- 2or3pm	Canal boat rides	Savile Town Wharf
1-2pm	Healthy eating session	Pentlands Childrens' Centre, Savile Town
2-4pm	Activities and mini-golf All welcome	Charlesworth Court, Overthorpe Road, Thornhill
2.30-4pm	Special offers at Ladies Gym	Ladies leisure Health and Fitness South Street, Dewsbury, WF13 1JT

Call Jannat on 01924458668 For more info

## Tuesday 10th May

### 10am – 3.30pm Mobile Health Studio at Savile Town Wharf, Leggers Inn

9am – 1pm	Free Health checks	Ravensthorpe Community Centre, Garden St
ALL DAY	FREE Mini Golf	Mobile Health Studio at Savile Town Wharf
10am – 3.30pm	Free Health checks, mini golf	Mobile Health Studio at Savile Town Wharf
11-11.45am	Ballroom & Latin dance class	Mobile Health Studio at Savile Town Wharf
11- 2or3pm	Canal boat rides	Savile TownWharf
1-1.45pm	Chair-based activities	Mobile Health Studio at Savile Town Wharf
2.30-4pm	Special offers at Ladies Gym	Ladies leisure Health and Fitness South Street, Dewsbury, WF13 1JT

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## Wednesday 11th May

9am – 1pm	Free Health checks	Thornhill Lees Community Centre
2.30-4pm	Special offers at Ladies Gym	Ladies leisure Health and Fitness South Street, Dewsbury, WF13 1JT
5-6pm	Mum's Basic Bollywood Aerobics	Savile Town C of E School

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Further information over leaf

## Thursday 12th May

### 10am – 3.30pm Mobile Health Studio at Ravensthorpe Community Centre

10am – 12.30pm	Free Health checks	Mobile Health Studio at Ravensthorpe Community Centre, Garden St
10.30am-12.00pm	Bismillah Gentle Activity Morning including Mini golf & much more...	Talleem Community Centre, Savile Town
11-12pm	Health walk	Thornhill Lees Community Centre
11-12pm	Health walk	Talleem Community Centre, Savile Town
12.30 – 1.15pm	Ballroom & Latin Dance Class	Ravensthorpe Community Centre, Garden St
1.30-5pm	Free Health checks	Greenwood Library & Information Centre
2.30-4pm	Special offers at Ladies Gym	Ladies leisure Health and Fitness South Street, Dewsbury, WF13 1JT

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## NOTHING ON FRIDAY

All participants will receive a free day pass to any KAL leisure centre.

## Saturday 14th May

11.30 - 3.00	Action From Dreams for Dewsbury Moor	Sports Fields, Westmoor School, Dewsbury Moor
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For a more up to date time table visit our website: [www.time2beactive.co.uk](http://www.time2beactive.co.uk)

or contact Kelly Brown on 01484 234092 for enquiries

or email: [Kelly.brown@kirklees.gov.uk](mailto:Kelly.brown@kirklees.gov.uk)