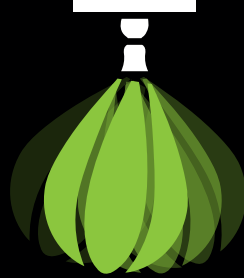


Free



1  **2**  **1** **gym**
sessions  **ns**

Free 1-2-1 gym sessions

Get fit, stay healthy and have fun.

Nacro's XS Project is offering free 1-2-1 gym sessions, run by qualified instructors, for young people aged 12-21 in Wormley and Turnford.

Sessions are available at The Laura Trott Leisure Centre and The John Warner Leisure Centre.

Everyone is welcome.

All instructors are first aid qualified and DBS checked.

email us at xsproject@nacro.org.uk or call **01992 785 555** for more information.



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