

Active Her classes

Open to:

- ❤️ Young women 13–25 (come solo or with friends)
- 👩👧 Mums, aunties & carers with girls (under 13's must be accompanied)

All sessions are beginner-friendly and open to all fitness levels.

Get active, feel good, and enjoy quality time together



Boxing
12.30pm
1st August



Zumba
1.45pm
1st August



Self defence
5.30pm
7th August



Boxing
12.30pm
8th August



Clubbercise
1.45pm
8th August



Self defence
5.30pm
14th August



Boxing
12.30pm
15th August



Zumba
1.45pm
15th August



Self defence
5.30pm
21st August



Boxing
12.30pm
22nd August



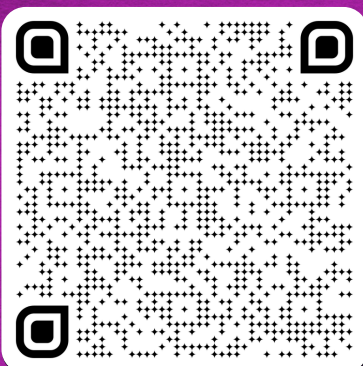
Clubbercise
1.45pm
22nd August



Self defence
5.30pm
28th August

 **Boxing-** Easy, fun and empowering fitness with gloves  **Zumba-** Dance workout with music you'll love
 **Clubbercise-** Dance in the dark with glowsticks!  **Self Defence-** Practical skills & confidence building

📱 Scan to book
your **FREE** place and
claim a wellbeing
bag!
Or just drop in-
everyone welcome!



Hosted at St. Mary's Caritas centre,
65 Delamere Street Crewe CW1 2JX.

CHESHIRE
COMMUNITY
FOUNDATION

