

STARTS
MON JAN
31ST

FREE



SEATED EXERCISE CLASS

MONDAYS FROM 10AM - 11AM
HERMITAGE LEISURE CENTRE,
SILVER STREET, WHITWICK, LE67 5EU

ALL ABILITIES ARE WELCOME!
| EXERCISE | SOCIALISE | MAKE FRIENDS | KEEP ACTIVE

MONDAY 31ST JAN, 21ST FEB,
21ST MARCH 2022

The logo for ENRYCH, featuring the word 'ENRYCH' in a stylized font. The 'E' is purple, 'N' is blue, 'R' is green, 'Y' is a green stick figure with arms raised, 'C' is green, and 'H' is green.

WWW.ENRYCH.ORG.UK



NHS
CHARITIES
TOGETHER



NHS
East Midlands Ambulance Service
NHS Trust

This project has been supported by NHS Charities Together through your local NHS Charities, Leicester Hospitals Charity, Raising Health (Leicestershire Partnership NHS Trust) and the East Midlands Ambulance Charitable Fund