

**Weekly activities organised by the
Church Broughton Community Plan
Sport & Leisure Group**

Yoga - Monday

Healthy Back Class Zoom Session

Contact: [Claire 07967 384560](tel:07967384560)
www.moveintobalance.co.uk

Chair Based Exercise - Tuesday 10 am-11am

ON HOLD UNTIL FURTHER NOTICE

Contact: Helen 07426 569780

Pilates - Tuesday/Wednesday/Thursday

Zoom sessions

Contact: bygeorgepilates@gmail.com for details
www.bygeorgepilates.co.uk

Dance Fit

ON HOLD UNTIL POSSIBLE TO RESUME

Contact: Jody 07473 739969 www.jodybunting.com

Ballroom Dancing

ON HOLD UNTIL POSSIBLE TO RESUME

Please also see Village Calendar
www.churchbroughton.com