



£2.50 non-Fusion members
£1.75 members
(FREE to those on direct debit)

agewell activity morning

at Rayleigh Leisure Centre,
Priory Chase, Rawreth Ln, Rayleigh SS6 9NF

11.00 - 12.00
Badminton/
Racketball/Gym

12.00 - 12.30
'Social Time'
with a tea/coffee

12.30 - 1.30
Pilates / Gym

from
Wednesday 6 June
11:00 - 13:30

Includes a FREE tea or coffee during the session
Funded programme running for 6 weeks initially, prices are an introductory offer

To find out more, please email us at scd-essex@fusion-lifestyle.com

Rayleigh Leisure Centre The Freight House

www.livewellcampaign.co.uk

Livewell @livewelllocal





livewell
in the Rochford District



£2.50 non-Fusion members
£1.75 members
(FREE to those on direct debit)

agewell pilates

at Freight House,
Bradley Way, Rochford, Essex SS4 1BU

Includes
**A FREE TEA
OR COFFEE**
after the
session

from
Tuesday 5 June
10:30 - 11:30

*Funded programme running for 6 weeks initially,
prices are an introductory offer*

To find out more, please email us at scd-essex@fusion-lifestyle.com

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