

SHAPE UP WITH SPURS — FREE EXERCISE CLASSES



MOVE IT - LOSE IT!

— FREE Weekly Sessions —

Boundary Hall, Snell's Park.

**STARTING NOVEMBER 4TH - THEN
EVERY THURSDAY AT 9:30AM**

**Whether you want to lose weight, improve your health,
better your mood or meet people, Tottenham Hotspur
Foundations FREE exercise classes are here for you!**

Classes are suitable for all abilities. Let's get moving!

**IF YOU ARE OVER THE AGE OF 18, A RESIDENT OF EITHER
JOYCE OR SNELLS ESTATE AND YOU WISH TO REGISTER
YOUR INTEREST, PLEASE EMAIL:**

thf.activities@tottenhamhotspur.com

