

SHAPE UP WITH SPURS — FREE EXERCISE CLASSES



MOVE IT - LOSE IT!

— FREE Weekly Sessions —

LADIES ONLY

Boundary Hall, Snell's Park.

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

thf.activities@tottenhamhotspur.com

