



## Community Team

### Autumn-winter session timetable

Community Gym sessions are provided for the community by the Batley Sporting Foundations Community Team of staff and volunteers. We aim to provide fun, friendly and relaxed sessions where all are welcome, regardless of ability and which are community led by those who attend.

---

#### **Monday 9.30am Ladies Only**

New ladies only Community Gym session, this pay as you feel session is perfect to improve your fitness. All fitness levels welcome and female coach on hand to answer your fitness and nutrition questions!

Contact Clare 07475 019009 [clare@batleysportingfoundation.org](mailto:clare@batleysportingfoundation.org)

---

#### **Tuesday 8am Community Fitness for the Over 55's**

Improve your health & get fit in 2021. Get fit at your own pace with friendly qualified trainers in our Community Gym. First session free then £2

Contact [jon@batleysportingfoundation.org](mailto:jon@batleysportingfoundation.org)

#### **Tuesday 9.15am Community Fitness open session**

Improve your health & get fit in 2021. Get fit at your own pace with friendly qualified trainers in our Community Gym. First session free then £2

Contact [jon@batleysportingfoundation.org](mailto:jon@batleysportingfoundation.org)

#### **Tuesday 6.30pm Move Enjoy Network M.E.N. Gym**

Take the first steps to improve your wellbeing, exercise and chat to likeminded men. Weekly gym session for men 30+

#### **Tuesday 7.30pm Move Enjoy Network M.E.N. Walking**

Take the first steps to improve your wellbeing, exercise and chat to likeminded men. Weekly walking group for men 30+

---



## **Community Team**

Autumn-winter session timetable

### **Thursday 8am Community Fitness for the Over 55's**

Improve your health & get fit in 2021. Get fit at your own pace with friendly qualified trainers in our Community Gym. First session free then £2

Contact [jon@batleysportingfoundation.org](mailto:jon@batleysportingfoundation.org)

### **Thursday 9.15am Community Fitness open session**

Improve your health & get fit in 2021. Get fit at your own pace with friendly qualified trainers in our Community Gym. First session free then £2

Contact [jon@batleysportingfoundation.org](mailto:jon@batleysportingfoundation.org)

### **Thursday 10.30am Move Enjoy Network M.E.N. Walking**

Take the first steps to improve your wellbeing, exercise and chat to likeminded men. Weekly walking group for men 30+

### **Thursday 6.30pm Move Enjoy Network M.E.N. Gym**

Take the first steps to improve your wellbeing, exercise and chat to likeminded men. Weekly gym session for men 30+