



Every Monday we host yoga with Jo Eastham in the Hewitt rooms 6pm and 7.20 pm, all abilities and children welcome. £6 per class

Tuesday from the County pub in Lytham at 6.30pm we do a social running club all abilities again and kids over 15

Wednesday White Church, 6.15pm-7.15 pm circuit training beginners welcome all abilities

Thursday from Fairhaven 6.30 pm social run

Saturday St Anne's green near the Chadwick Hotel, 8 am -9am outdoor circuit training, beginners and new mums plus all abilities

For all of the above my number for more info 07812120446

YOGA MONDAYS
 DNA 4life Diet and Nutritional Advice
 YOGA WITH BRITISH WHEEL OF YOGA TEACHER JOANNE EASTHAM
 YOGA AT THE HEWITT ROOM BANNISTER STREET, LYTAM ON MONDAY 6.00PM & 7.20PM
 FOR MORE INFORMATION CALL: 07812 120446
 OR VISIT OUR WEBSITE: WWW.DNA4LIFE.CO.UK

BEGINNERS RUNNING CLUB
 DNA 4life Diet and Nutritional Advice
 A RUNNING PLAN FOR COMPLETE BEGINNERS AND FITNESS PHOBES
 Tuesdays at 6.30pm The County, Church Road, Lytham, meet in back room
 Thursday 6.30 pm Meet at the Hut on Fairhaven Lake, by the tennis courts, down the steps near Cyprus Avenue, Ansdell
 FOR MORE INFORMATION CALL: 07812 120446