




Places
Leisure

Part of Places for People

Because Community Matters



New classes to reduce pain

Designed to support those suffering with pain, increasing muscular strength and mobility, allowing you to become more active!

Starting Tuesday 4th July 1.00pm - 1.30pm

Free - Pain Low Back

Starting Thursday 6th July 1.00pm - 1.30pm

Free - Pain Joints

For more information and to book,
visit aldershotpools.placesleisure.org

RUSHMOOR
BOROUGH COUNCIL

Operated by Places Leisure working in
partnership with Rushmoor Borough Council.