

# ACTIVE COMMUNITIES FOR EVERYONE

**ARE YOU A CARER?** We are excited to offer carers a range of **FREE** classes and sports between 23-27<sup>th</sup> January. Enjoy a bit of 'me time' by attending the sessions below:

- **Victory Swim and Fitness Monday 23rd Jan.**

07:05 Virtual RPM. (Cycling class)

08:05 Virtual Sh'bam. (Dance based class)

12:05 Virtual Body Combat. (Combat class)

16:05 Virtual Core. (Abdominal workout)

17:05 Virtual Body Combat. (Combat class)

- **The Reef Tuesday 24th Jan.**

07:00, 08:00, 09:00, 10:00, 12:00 13:00 16:00 17:00 18:00 Virtual RPM (Cycling class).

07:00 Virtual Body Balance. (Thai chi, yoga style class)

08:00 Virtual Body Pump. (Circuit based class)

10:30 Virtual Core. (Abdominal workout)

12:00 Virtual Sh'bam. (Dance based class)

13:00 Virtual Combat. (Martial art inspired class)

16:00 Virtual Body Combat. (Combat class)

20:00 Virtual Core. (Abdominal workout)

- **The Reef Wednesday 25th Jan**

10:30 Instructor Led Body Combat

- **Victory Swim and Fitness Thursday 26th Jan**

18:00 Instructor Led Circuits

- **North Walsham Sports Centre. Friday 27th Jan.**

21:00-22:00 Social Football (Adult football)

- **Fakenham Friday 27th Jan. 16:30 – 19:00. Racquet sports. (Tennis, Badminton etc)**

Pre booking is required. Quoting **'Active Norfolk Carers Week.'**

Victory Swim and Fitness - [01692 409370](tel:01692409370) (NR28 0DZ)

The Reef Leisure Centre- [01263 825675](tel:01263825675) (NR26 8WD)

Fakenham Sport and Fitness Centre - [01328 850010](tel:01328850010) (NR21 9HL)

North Walsham Sports Centre - [01692 402293](tel:01692402293) (NR28 9HZ)



**Norfolk**  
County Council

everyone  
ACTIVE