




		MONDAY YOGA		
<p>There are many benefits from practicing yoga, from better flexibility, strength and movement to stress relief, improved mental health, sleep and mindfulness.</p> <p style="text-align: center; font-weight: bold;">Suitable 4 all levels</p>				
LOCATION	TIME	INSTRUCTOR	START DATE	END DATE
*CANCER CENTRE	5.30 – 6.30pm	Eileen Rocks	22 nd July	12 th August

*BCH Cancer Centre, Seminar Room 3: 51 Lisburn Road, BT9 7JL.

		WEDNESDAY BOXFIT		
<p>A blend of traditional boxing techniques, with elements of personal fitness training. Get fitter and release stress.</p> <p style="text-align: center; font-weight: bold;">Open to all levels</p>				
LOCATION	TIME	INSTRUCTOR	START DATE	END DATE
*CRESCENT VITALITY	5.45 – 6.45pm	Jim Tate	24 nd July	14 th August

*27 Clonard Crescent, Belfast, BT13 2QN (formally known as Springfield Charitable Association)

		THURSDAY ZUMBA		
<p>A social and fun class that combines dance and fitness. Great for core and cardio. All fitness levels welcome</p>				
LOCATION	TIME	INSTRUCTOR	START DATE	END DATE
*CRESCENT VITALITY	5.45 – 6.45pm	Maura Ward	24 nd July	15 th August