

Tynedale Sports Development

New & exciting activities in Allendale

Adult Fitness Circuits

**at Allendale Community Middle School
Hexham, NE47 9PS**

**Tuesday 7th, 14th, 21st & 28th
October 2008**

7.00 – 7.45pm – Beginners

7.45-8.30pm - Intermediate/Advanced

Coach: Jill McKenna

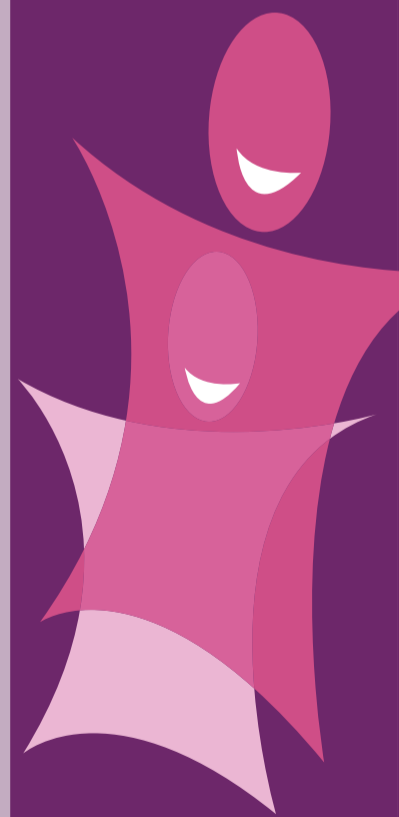
Special Introductory Offer:

FREE

Available as a course from November

For more information call Tynedale Sports Development on:

01434 613220



NorthCountryLeisure Tynedale is supported by Tynedale Council
NorthCountryLeisure is a Registered Charity No. 1075009



**TYNEDALE
SPORTS
DEVELOPMENT**

INIGL
northcountryleisure
T Y N E D A L E