



**Why not work the
Christmas excesses off by
coming along to our fun
netball sessions?**



NETBALL



Tuesday nights 5-6pm from 10 Jan 2012
At Arc Leisure Matlock

£3.50 per session

Professional coach and a friendly

GET FIT HAVE FUN!

everyone welcome ...all ages ... all abilities !

For further info contact
Liz Aris on 07530 895 005

