

# JUDO CLASSES

Learn Judo - Keep fit, gain confidence, and enhance your self discipline. The standards of the British Judo Council are followed and grading opportunities may be taken when students are ready.

**Beginners / Improvers - Adults / Experienced**

**Courses costs £30.00 for 9 weeks**

**(Starts January 2009 ~ held at Lutterworth College)**

# GOLF COACHING

Improve your putting, driving and swing technique with a PGA qualified coach. The course takes place at Lutterworth College and all equipment is provided. Suitable for all levels of ability.

**Ages 7-16 years**

**Courses costs £30.00 for 8 weeks**

**(Starts in January 2009 ~ held at Lutterworth College)**

You can enquire about, and book on the above courses by calling the Extended Services team on 01455 555586 between 9.30am ~ 2.30pm on Monday, Tuesday, Wednesday and Thursday or please leave a message on the answer phone and we will get back to you (term time only)

*Places are allocated on a first come first served basis*

# PAY AS YOU GO!!

**AEROBICS LINE DANCING FITNESS & BODYTONE**

*Just come 'ready for action' and pay the instructor  
at each session! (These classes run all year round)*

WHAT	WHERE	WHEN
Body workout: all over fitness and Toning	Small Gym Lutterworth College	Monday - 7.00-8.00pm £3.00 <b>Students aged 14-19 FREE</b> <b>when with a paying relative</b>
Fit-Mix: aerobic exercise & floor work	Small Gym Lutterworth College	Tuesday - 7.00-8.00pm £3.00
Line Dancing - Beginners	Lutterworth Methodist Church	Tuesday - 6.30-7.30pm £3.00
Fit-Mix: aerobic exercise & floor work	Small Gym Lutterworth College	Wednesday -7.00-7.45pm £2.45, <b>Students aged 14-19 FREE</b> <b>when with a paying relative</b>
Fitness & Body Tone All levels of fitness	Lutterworth Methodist Church	Wednesday - 10.00-11.00am £3.00
Line Dancing - (Not Suitable for Beginners)	D Block Dining Hall Lutterworth College	Wednesday - 7.30-8.30pm £3.00
Line Dancing - (Not suitable for complete Beginners)	D Block Dining Hall Lutterworth College	Thursday - 7.30-8.30pm £3.00

**No need to book in advance**

**Come and join in with the qualified tutors**

**Have fun and get fit!!!**