

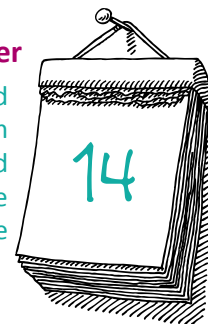


Monday 13 November

- 6.45am: HIIT taster session at [Brio Leisure, Memorial Court Northwich](#)
- 8.30 – 11am: Self Care information stand at [Eagle Bridge Medical Centre, Crewe](#)
- 11am: Piyo taster session at [Brio Leisure, Winsford Lifestyle Centre](#)
- 11.45am: Beginner yoga taster session at [Brio Leisure, Winsford Lifestyle Centre](#)
- 1pm: Self Care information stand at [Jubilee House, St Paul's Crewe](#)

Tuesday 14 November

- 9.30am: Self Care information stand at [Asda Winsford](#)
- 10.30am: Kettlercise taster session at [Brio leisure, Memorial Court Northwich](#)
 - 1pm: Ranger led Wellie Walk from [Willow Wood Surgery, Winsford](#)
- 1pm: Self Care information stand at [What's Happening on North Street, Crewe](#)
- 7.30pm: Pure Stretch taster session at [Brio Leisure, Winsford Lifestyle Centre](#)



Wednesday 15 November

- 9.30am – 12pm: Self Care information stand at [Tesco, Northwich](#)
- 10am: Dance and Sculpt taster session at [Brio Leisure, Winsford Lifestyle Centre](#)
- 10am – 12pm: Self Care service station at [Church View Medical Centre, Nantwich](#)
- 11.25am: Zumba taster session at [Brio Leisure, Memorial Court Northwich](#)
- 12.15pm: Tai Chi taster session at [Brio Leisure, Winsford Lifestyle Centre](#)
- 1 – 3pm: Self Care information stand at [Brio Leisure Memorial Court Northwich](#)
- 1 – 2pm: Self Care information stand at [Morrisons Crewe](#)
- 5.30pm: Spin taster session at [Brio Leisure Winsford Lifestyle Centre](#)
- 7.45pm: Body Attack Express taster session at [Brio Leisure, Memorial Court Northwich](#)



Thursday 16 November

- 10am – 12pm: Self Care information stand at [Morrisons Middlewich](#)
- 11am – 12pm: Ranger led Wellie Walk from [Wrenbury Medical Centre](#)
- 11.45am: Pilates taster session at [Brio Leisure Memorial Court Northwich](#)
- 11.25am: Zumba taster session at [Brio Leisure, Memorial Court Northwich](#)
 - 1pm – 3pm, Self Care information stand at [Alsager Library](#)
 - 2.30 – 4pm: Self Care service station at [Northwich Work Zone](#)



Friday 17 November

- 6.45am: HIIT and run taster session at [Brio Leisure, Memorial Court Northwich](#)
- 9.15am: Core and more taster session at [Brio Leisure, Winsford Lifestyle Centre](#)
- 10am – 12pm: Mental Health Self Care information at [INdiGO survive Nantwich Rd, Crewe](#)
- 10am – 12pm: Self Care information coffee morning at [The Lord Combermere, Audlem](#)
- 10am – 12pm: Self Care drop in Café at [St Paul's Centre, Hightown, Crewe](#)
- 11.45am: Beginners spin taster session at [Brio Leisure, Memorial Court Northwich](#)
- 1 – 3pm: Self Care information stand at [Aldi, Sandbach](#)



Saturday 18 November & Sunday 19 November

- Saturday 9.15am: Piyo taster session at [Brio Leisure, Memorial Court Northwich](#)
 - Saturday 9am: Tai Chi session at [Brio Leisure, Winsford Lifestyle Centre](#)
- Sunday 1pm: MMU lead our social bike ride from [Crewe Railway station](#)



For all taster sessions at Brio Leisure please book early!

Winsford Lifestyle Centre: 01606 550 700

Memorial Court Northwich: 01606 261 100

