

**KEEP  
CALM  
AND  
STAY FIT AND  
HEALTHY**

**10<sup>TH</sup> 17<sup>TH</sup> & 24<sup>TH</sup>  
JULY  
FAMILY FITNESS  
TASTER SESSION**

**Tuesday 9:00-10:30am Sports Hall**

Middlesbrough Football Club are offering free family fitness sessions to start in September 2018. We are offering a free taster session 10<sup>th</sup> 17<sup>th</sup> & 24<sup>th</sup> Breckon Hill Sports Hall



**FITTER FAMILIES**

**HELP FAMILIES  
UNDERSTAND  
THE IMPORTANCE  
OF EXERCISE**

**INCREASE  
MOTIVATION**

**IMPROVE SELF  
CONFIDENCE**

**DEVELOP  
RELATIONSHIPS  
WITH SCHOOL**

**MIDDLESBROUGH  
FOOTBALL CLUB  
WORKING TOGETHER  
WITH BRECKON HILL  
PRIMARY SCHOOL**

**CONTACT JO MORRIS**

**01642 243044**

**OR CALL IN TO SCHOOL  
RECEPTION TO REGISTER  
INTEREST**