

P.A.L.A.C.E
Physical Activity & Lifestyle Advantages for Community Enrichment



FITNESS FOR FAMILIES

Fitness for families is for EVERYBODY
Mums, Dads, Children, Teenagers, Uncles, Aunts
Suitable for Beginners

6 FREE* sessions of
Family Games,
Competitions,
Health & Well Being

PLUS PRIZES, GIVEAWAYS AND FREE T-SHIRT

Newham Sixth Form College
(New Vic)

Prince Regents Lane
Plaistow E13 8SG

FREE PARKING

*BOOKING IS ADVISABLE. FIRST COME, FIRST SERVE.
FREE ACTIVITY HOWEVER DONATIONS APPRECIATED

TO BOOK AND REGISTER YOUR FREE SPACE:
07795 064116 or P.A.L.A.C.E@HOTMAIL.CO.UK

TENNIS:
11:00 to 13:00
MONDAYS 23RD JUNE - 6TH JULY 2018

BASKETBALL:
11:00 to 13:00
FRIDAYS 27TH JULY - 10TH AUGUST 2018



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