

BARNSELY INCLUSIVE SPORT & FITNESS FORUM



FITNESS FOR ALL DAY!

**Every Tuesday @ Barnsley
Metrodome**

For people 16+ with a disability

10.30am-3.00pm

COST: £4.20 (with passport to leisure)

: £5.60 (without passport to leisure)

Just turn up on the day and play!

If you are attending alone, please fill out a registration form. Please ask Molly Walker for these.





Timetable

| Time | Activities | Room |
|-------------|-------------|------------|
| 10.30-11.30 | Zumba | Studio 4 |
| 12-1pm | Lunch | Restaurant |
| 1pm-3pm | Multi Sport | Studio 1 |

All Day Activities



Bowling

Badminton

Table Tennis

Swimming

Sauna & Steam Room

Gym Inductions

