

ACTIVITIES

Millennium Fitness		facebook@Millennium Fit	
Jo 07779 339538 / Becky 07852 276833			
Wednesday	6.00pm to 7.00pm	Circuits & Core	Brookvale Gym
Thursday	6.00pm to 6.45pm	Legs, Bums & Tums	Brookvale Gym
Thursday	6.45pm to 7.30pm	Box Fit	Brookvale Gym
Kettlercise		facebook@Anita's Kettlercise Leicester	
In just 50 minutes you will complete 37 different exercises with a kettle bell which will sculpt and tone your body melting away fat. Suitable for all levels of fitness from absolute beginners to advanced – just increase your bell weight!			
Monday 7.00pm to 8.00pm 16 + years		Anita Breeze 0774 5519877	
Yoga Fitness		www.fit4dance.com	
Benefits of Fitness Yoga include: • Enhanced physical fitness • Increased mental and physical relaxation • Enhanced development of body awareness • Reduced risk of injury to joints, muscles and tendons • Reduced muscular tension • Increased flexibility and use of range of motion • Increase in body strength Tone up, get fit and healthy!			
Tuesday 6.45pm to 8.00pm 16 + years		Charlotte Tomlinson 07939 588092 charlotte.tomlinson@hotmail.com	
Zumba Fitness		www.matthewprint.zumba.com	
A Latin-inspired dance-fitness program, Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating.			
Monday & Wednesday 7.00pm to 8.00pm 16 + years		Matthew Print 07929 528412 zumbamattuk@gmail.com	
Clare's Fitness		facebook@clare's fitness	
BOOT CAMP - Suitable for all fitness levels. Have fun, challenge yourself, get fit and feel amazing.			
Mondays 6.30pm to 7.30pm & 7.30pm to 8.30pm Fridays 6.00pm to 7.00pm 16 + years		Clare Fowler 07761 088911 clares-fitness@outlook.com	
Phase II Badminton			
Friendly Badminton Club			
Wednesday 8.00pm to 10.00pm Adults			
Slimming World		www.slimmingworld.co.uk	
Slimming World's highly effective approach to weight loss is empowering and enabling. Our support – online and in group – is based on a deep understanding of how you feel and a passionate desire to help you achieve your personal weight loss goals – and maintain them for life!			
Thursday 5:15pm and 7:00pm Adults		Hazel Hickson 07817 303018	
Groby Juniors Football Club		www.grobyjuniorsfc.co.uk	
Our aim is simple and that is everyone from the players, managers, parents and everyone else connected with the Club to enjoy yourselves.			
Tuesday, Wednesday, Thursday 6.00pm to 9.00pm Junior Club			
Leicester Riders Basketball		www.leicesterriders.co.uk	
Get a chance to play in a Leicestershire League, Boy and Girls, all abilities.			
Tuesday 5.00pm to 6.00pm 13 to 18 years		Mandy Payne 0116 255 8635	

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Ratby Juniors Cricket Club	
We are a friendly, open and progressive club with a thriving Junior Section	
Thursdays 6.00pm to 8.00pm 8 to 13 years	
Schulz Coaching	
www.schulzcoaching.co.uk	
Junior Football Club Coaching - Advanced Player Academy Centres - After School Clubs & PPA Coaching - 1-2-1 Coaching - School Holiday Camps	
Monday 5.30pm to 7.00pm Junior Club	Marc Schulz 07525 857402 marc@schulzcoaching.co.uk
Leicestershire Adult Learning	
www.leics.gov.uk/GoLearn	
Enrolling this year couldn't be easier! If you are sure about the course you would like to join, you can do so from the comfort of your own home by calling our FREE phone number 0800 988 0308.	
Monday & Tuesday 7.00pm to 9.00pm	0800 988 0308 adultlearning@leics.gov.uk
Kirby Muxloe Archery Club	
www.k-m-a-c.org	
Beginners' courses are regularly run throughout the year, we also run weekly coaching sessions to help our members improve. We hold World Record Status tournaments	
Tuesday & Friday Evenings & Saturday Morning	secretary@k-m-a-c.org
Tae Kwon Do	
www.grobytkd.co.uk	
Groby Tae Kwon-Do are a small and friendly family orientated Tae Kwon-Do club based in Groby and offer a range of family martial arts, children's martial arts and family Tae Kwon-Do classes to all people in Kirby Muxloe, Leicester Forest East, Ratby, Groby and the surrounding areas.	
Monday & Wednesday 6.00pm to 9.00pm	Sheryl Freer 0116 2640432 / 07952 561388
East West Freestyle Martial Arts	
www.martialartsleicester.ewfma.com	
Our classes help with Confidence, Self Discipline, Weight Control, Fitness, Self Defence, Making Friends, De-Stressing and all our members have loads of fun.	
Tuesday 5.30pm to 8.00pm	Stuart Carroll