

Link4Life

fitness

**Central**  
Leisure Centre



**NEW**

## Cardio Kombat

With a combination of Marshall Arts and aerobics, burn fat and tone muscles, with this high intensity full body workout.

Starts Monday 27th October

5.15-6.00pm

Booking Essential

[www.link4life.org/central](http://www.link4life.org/central)

Entwisle Road,  
Rochdale, OL16 2HZ

**01706 924213**

IN PARTNERSHIP WITH  
 **ROCHDALE**  
METROPOLITAN BOROUGH  
**COUNCIL**

Link4Life is the trading name of Rochdale Boroughwide Cultural Trust. Registered Charity No: 1118610