

Link4Life

fitness

Central
Leisure Centre



NEW

Body Blast Aerobics

With funky moves and music, blast your body with this complete aerobic workout

Every Wednesday

6.00pm-7.00pm

Booking Essential

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