

# Carers Activities

**Starting W/C 7th November**

**Zumba Mondays 1-2pm,  
St Crispin's Leisure Centre**

**Aquacise Fridays 6:15-7pm,  
Carnival Pool**

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**Starting W/C 14th November**

**Circuits Wednesdays  
6:30-7:30pm, Ashridge  
Room, Cantley Park**

**Aerobics Wednesdays  
7:30-8:30pm, Ashridge  
Room, Cantley Park**

**\*Discounted Gym membership  
Available please enquire for  
more information**

**If you are interested in joining  
please contact Lucy Eccles on:  
0118 9088412 or  
[Lucy.eccles@wokingham.gov.uk](mailto:Lucy.eccles@wokingham.gov.uk)**



**Pay in advance**

**\* Works out at £3.40 per  
session**

