



ACTIVE
for Life



In Shape for Life

Suitable for **all fitness levels**
– work at your own pace!

Cost:
£3/£2
concs

Mondays 7.00 pm-8.00 pm
Hollingdean Community
Centre, Thompson Rd,
BN1 7BH

**ONE
YOU**

Contact details: Healthy Lifestyles Team on [01273 292724](tel:01273292724) or ellouise.hill@brighton-hove.gov.uk

**Your healthy
Lifestyle**


**Brighton & Hove
City Council**