



## Clubbercise ‘Club with Mel’

Exercise in the dark. Fun with disco lights, glowsticks and Club tunes. Low and high energy routines designed to suit all abilities of movers, groovers and ravers.

Health clubbing – a night out for your work out.

Thursday 6:30 – 8:00 pm

Facebook: @clubbercisenorththynside

Contact Melanie on 07479 333645 or  
Email [clubwithmel@yahoo.com](mailto:clubwithmel@yahoo.com)