CENTRAL LANCASHIRE TIMETABLE

Participants are expected to follow Active Lancashires Code of Conduct. The use of inappropriate language or behaviour, or consuming / being under the influence of alcohol or drugs, of any kind, while attending the Active Recovery session will result in the participant being asked to leave the session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CGL Inspire Drop-In 11am - 12noon 75-79 Westgate Skelmersdale WN8 8LP	**CGL Inspire Drop-In** 11am - 12noon Preston Inspire, Fox Street, Preston PR1 2AB	**Nutrition Group** **CGL Service users only** 12.30pm - 1.30 Speak with your Keyworker for a referral Preston Inspire, Fox Street, Preston PR1 2AB	**CGL Inspire Drop-In** 11am - 1pm Inspire, Friday Street Chorley PR6 0AA	
Box Fit Workout 1pm - 2pm Birch Green ABC Club Haversham, Skelmersdale WN8 6QQ	**Yoga With Kath** **For Men and Women** 1.30pm - 2.30pm The Harmony Hub 26-28 Market Street Chorley PR7 2RZ	**Free Gym Session** 1.30pm - 2.30pm Live Health and Fitness Friday Street, Chorley PR6 0AA	**Yoga in Nature** **Equipment and Mats provided** 11.30pm - 12.30pm Smiths Recreational Ground, 265 Selborne Street, Preston PR1 4LB	
	Boxing and Fitness 2.30pm - 3.30pm Soccer City (Unit at the back) Parker Street, Preston, Ashton-on-Ribble PR2 2AH	**Lets Play Tennis** **Open to all abilities** **(Equipment provided)** 2.30pm - 3.30pm Moor Park Preston PR1 6AS	**Walk and Tennis at Astley Park** **All equipment provided** 1pm - 2pm Meet at Cafe Ambio Astley Park Chorley PR7 1XA	

For more details or if you are struggling with substance misuse and would like a referral to CGL Inspire for help & support , contact:

Claire Yates (CGL Project Lead):
Tel: 07724644600
Email: cyates@activelancashire.org.uk

Petta Hulme (Active Recovery Support Mentor)
Tel: 07447 517454
Email: phulme@activelancashire.org.uk

SaolFit. Males only

Mon, Weds, Friday
1315pm – 1415pm
8 Station Road
Preston,
PR4 4BB

Please contact Claire Yates for a referral into 180 crossfit

@ActiveRecoveryLancashire
@ActiveRecovery_

FOR MORE INFO VISIT:
activelancashire.org.uk

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