

# CENTRAL LANCASHIRE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Skelmersdale Spring Into Step</b> 1pm - 2.30pm Meet outside Skelmersdale Library, Southway WN8 6NL</p>	<p><b>Yoga With Kath For Men and Women</b> 1.30pm - 2.30pm The Harmony Hub 26-28 Market Street Chorley PR7 2RZ</p>	<p><b>Padel Ball</b> 1pm - 2pm Padel Republic Brookfield Street Preston PR1 1NR</p>	<p><b>CGL Inspire Drop-In</b> 10am - 12noon 75-79 Westgate Skelmersdale WN8 8LP</p>	<p><b>*FROM 12<sup>th</sup> JUNE*</b> <b>Boxing Fitness</b> 1.30pm - 2.30pm Daves Gym Business Centre, Unit 2 Yarrow Rd Chorley PR6 0LP</p>
<p><b>180 Project Saol Fit</b> 1.15pm - 2.15pm 8 Sation Road Preston PR4 4BB <b>*REFERRAL ONLY*</b> Contact Claire Yates for details</p>	<p><b>Mindfulness on The Mat Yoga</b> 2pm - 3pm Skelmersdale Ecumenical Centre Northway WN8 6LU</p>	<p><b>Gym and Circuits</b> 1.30pm - 2.30pm Live Health and Fitness Friday Street, Chorley PR6 0AA</p>	<p><b>CGL Inspire Drop-In</b> 11am - 1pm Inspire, Friday Street Chorley PR6 0AA</p>	<p><b>180 Project Saol Fit</b> 1.15pm - 2.15pm 8 Sation Road Preston PR4 4BB <b>*REFERRAL ONLY*</b> Contact Claire Yates for details</p>
	<p><b>Boxing and Fitness</b> 2.30pm - 3.30pm Soccer City (Unit at the back) Parker Street, Preston, Ashton-on-Ribble PR2 2AH</p>	<p><b>180 Project Saol Fit</b> 1.15pm - 2.15pm 8 Sation Road Preston PR4 4BB <b>*REFERRAL ONLY*</b> Contact Claire Yates for details</p>	<p><b>Yoga</b> 12.30pm - 1.30pm Foxton Centre Off Knowsley Street, Avenham Lane, Preston PR1 3SA</p>	

## Comming Soon

**For more details contact:**  
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**THE MISSING LINK**  
Restoring lives - Re-building minds



Clinical Nutritional Intervention - Food for Thought

**12 WEEK COURSE EXCLUSIVE TO CGL SERVICE USERS Enquire Via Keyworking Sessions**

Are you struggling with addiction, PTSD CPTSD, challenging behaviour, the effects of trauma & addiction?

• 12 WEEK COURSE - PLEASE CONTACT YOUR KEYWORKER FOR A REFERRAL

**STARTING 1<sup>ST</sup> JULY**

**EVERY WEDNESDAY**

🕒 starts at 12.30pm

📍 **PRESTON INSPIRE FOX STREET**

For more information, please contact Claire:  
 cyates@activelancashire.org.uk  
 07724644600  
 Visit www.ActiveLancashire.org.uk





**LET'S PLAY TENNIS**

**STARTING Wednesday 8<sup>th</sup> July**



**12 - 1PM**

- Open to those of all abilities
- All equipment is provided
- Come and Connect

**WEDNESDAYS**

MOOR PARK  
PRESTON  
PR16AS  
Meet at tennis courts  
Parking Available

For more information, please contact:  
 Claire Yates: 07724644600 / Petta Hulme: 07447517454  
 Email : cyates@activelancashire.org.uk  
 Visit www.ActiveLancashire.org.uk



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FOR MORE INFO VISIT:  
[activelancashire.org.uk](http://activelancashire.org.uk)

