NORTH 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 St Annes. 10am -12noon CGL Inspire St Annes The Paterson Centre, 75 St Albans Road, Lytham St Annes FY8 1XD	**CGL Inspire Drop-In Lancaster** 10am - 12noon Inspire Lancaster, 26 St George's Quay, Lancaster LA1 1RD	**CGL Inspire Drop-In Fleetwood** 10am-12noon Inspire Fleetwood, The Lofthouse Building, London St, Fleetwood FY7 6JL	**Wyre Walking Group** 12noon - 1pm Meet at Level Up Hub, Bold Street, Fleetwood FY7 6BE	**Cycle Club (Bikes can be provided)** 2pm - 3pm Meet outside Inspire Fleetwood, London Street FY7 6JL
The 180 Project **CROSSFIT SESSIONS (Males Only)** **11:00am-12:00pm** Blackpool CrossFit Gym Whitehills Business Park **Contact Charlotte for further details**	**Mindful Movement and Relaxation** 12.15pm - 1.15pm Inspire Lancaster, 26 St George's Quay, Lancaster LA1 1RD	**Badminton** 1pm - 2pm YMCA Fleetwood Leisure Centre, ESPLANADE, Fleetwood FY7 6HF	**Steps to Strength Walking Group** 12:30pm - 1:30pm CGL Inspire St Annes The Paterson Centre, 75 St Albans Road, Lytham St Annes FY8 1XD	**Badminton** 2:30pm - 3:30pm Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster. LA1 5JS
Boxing and Fitness 12:30pm-1:30pm Fleetwood Gym Amateur Boxing Club, Victoria Building, Poulton Road FY7 6TQ		**Boxing and Fitness** 1pm - 2pm The Gregson Centre, 33 - 35 Moor Gate, Lancaster LA1 3PY	**COMING SOON...** **Morecambe Bay Walking Group** 1:00pm - 2:00pm **Contact Charlotte for further details**	
Chair Yoga 1pm - 2pm CGL Inspire St Annes, St Albans Road FY8 1XD				
Badminton 2:30pm - 3:30pm YMCA St Annes, St Albans Road, Lytham St Annes FY8 1XD				

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

Charlotte Wilkinson (CGL Project Lead) :
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Tel: 07865959832

Kyle Long (Active Recovery Support Mentor):
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FOR MORE INFO VISIT:
activelancashire.org.uk

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