

COUNT
YOUR STEPS
TO SUCCESS

NumberFiT

Fitness + **Fun** = **Confidence**

Free course!
From 21st Feb to 20th Mar

A free five-week course for anyone interested in gaining new confidence to use numbers to track their fitness developments.

Date & Time:

Every Wednesday at
12:30PM to 2:30PM
From 21st Feb to 20th Mar

Location:

GL1 Leisure Centre,
Bruton Way,
Gloucester
GL1 1DT

For:

Adults aged 19+ *

- Free water bottle
- One month of free membership
- Goody bag



Enrol now by:

Email: Multiply@gloucestershire.gov.uk

Call: 01452 583800, quote 'Multiply'

*Participants must be aged 19 or over, have lived in the UK for 3 years or longer,
and have no maths GCSE grade C/grade 4 or equivalent



Adult Education
in Gloucestershire

