

# Get on the Move

With Spensorough Co-operative Trust

## Fit 4 Force Junior Bootcamp



Chance for families to exercise together  
FUN/FITNESS/FAMILIES  
(All children must be accompanied by an adult)

All ages & abilities welcome.

Where: Spen Valley High School

When: Sat 14<sup>th</sup> Oct until Sat 18<sup>th</sup> Nov

9.30am until 11.30am

Cost: ***Free of Charge***

Funded By: The Big Lottery Fund

**To register text : Sarah Breeze 07507 247866**

Limited amount of places so don't delay in booking your place

Crèche available for small children, please  
enquiry on booking to confirm suitability

