

**Sunday 1<sup>st</sup> February**

**10.00am-4.00pm**

**Stevenage Arts and Leisure Centre**

# **EVERYONE STEVENAGE FITATHON**

**in support of Dementia and  
Parkinson's Disease**

**Get active. Have fun. Make a difference!**

Join us for a full day of fitness while raising money for  
Dementia and Parkinson's Disease.

#### **What's involved?**

- Take part in one, a few, or all six sessions
- A variety of fun, energising activities
- Suitable for all abilities



Entry is FREE ( Donations are welcome and greatly appreciated.)

 Sponsor sheets available from Sports Reception

 Book your space via the Everyone Active App or at Sports Reception

**JOIN US  
REGISTER  
TODAY!**

**10.00am Mega Mix- Juanita**

**11.00am-Zumba- Eric**

**12.00pm- Performance Conditioning- Dave and Ieuan**

**1.00pm- Body Attack- Hollie**

**2.00pm- Body Pump-Sue**

**3.00pm – LBT – Katie    3.45pm – cool down, Breathing Space- Stephen**



Stevenage Arts & Leisure Centre  
Lytton Way, Stevenage, Hertfordshire, SG1 1LZ  
T | 01438 576 658

**everyone  
ACTIVE**

**ACTIVE  
STEVENAGE**

**Stevenage  
BOROUGH COUNCIL**

Working together for the health and happiness of Stevenage residents.



[www.everyoneactive.com](http://www.everyoneactive.com)



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