

One month  
FREE when  
you sign a  
friend up!

7th—13th March 2016.

*RiversMeet*  
Community • Culture • Fitness • Sport

**Dorset**

**W o m e n s W e e k**

Riversmeet Leisure Centre are celebrating Dorset Women's Week. We are hosting a variety of extra activities every day of the week! There is lots of fun to be had with Ladies' only exercise classes, Ladies' only swim lanes, Free Viber8 sessions, mini massage treatments and much more! To top it all off we will be hosting a Ladies Night at the end of the week, welcoming all members of public to come along for giggles and nibbles!



# LadiesNIGHT

*RiversMeet*

Community • Culture • Fitness • Sport

MARCH 11th

Come and join us at Riversmeet to celebrate Dorset Women's Week! We will be hosting an entertaining evening with live music, Wine & Cheese, Raffle, Mini treatments and much more. Tickets cost £3 per person and available at Reception.



## Woman's Week timetable

	7-8	8-9	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	9-10
Mon		Ladies Spin		Zumba					Ladies Swim Lane						
Tue	Ladies fitness						Ladies Gym Hour								
Wed		Ladies Spin									Badminton	Ladies Fitness			
Thu			Cake and Bake Sale			Body Conditioning.	Ladies Gym Hour		Ladies Swim Lane						
Fri		Ladies Spin						Badminton				LADIES NIGHT.			
Sat					Netball Session										
Sun															

Each session will cost £2. Any donations will be greatly appreciated and will towards charity. For more information please see our reception team or contact us on 01747 834 013.