



# ENGAGE, EDUCATE & INSPIRE

## PE, Physical Activity and School Sport

### Weekly Classes from 7<sup>th</sup> January to 31<sup>st</sup> March 2019

#### Monday

Zone 50	Dumyat Leisure Centre	1.30-2.30pm	£2.30	SD
Lower Limb Class	Cochrane Hall	4.30 to 5.15pm	£2.30**	NHS
Lower Limb Class	Cochrane Hall	5.15 to 6pm	£2.30**	NHS
NIA class	Lornshill Academy	6 -7pm	£4.50	
Running Club	Lornshill Academy	6-7pm	£3.40	SD
Body Conditioning	Alva Academy	6-7pm	£4.50	SD
PiYo	Lornshill Academy	7-8pm	£4.50	SD
Social Badminton	Alva Academy	6-8pm	£4.50 Adults £2.30 U16's	SD

#### Tuesday

Circuit/Exercise	Alva Academy	6-7pm	£4.50	SD
Yoga	Lornshill Academy	7-8pm	£4.50	SD
Zumba class	Alloa Academy	7-8pm	£4.50	SD
Meditation class (Starts 15 <sup>th</sup> January)	Alloa Academy	7.17 - 8pm	£3.40	SD

#### Wednesday

Mature Movers	Ludgate House Alloa	10.30-11.30am	£2.30	SD
OTAGO	Sauchie Hall	3.15-4.15pm	£2.30	SD
Lower Limbs Class	Bowmar Centre	5.15 to 6pm	£2.30**	NHS
Fitter Folk's	Lornshill Academy	6-7pm	£4.50	SD
Kettlercise	Alva Academy	6-7pm	£4.50	SD
Aerobics	Lornshill Academy	7-8pm	£4.50	SD

#### Thursday

Active 50's	Clackmannan Town Hall	11-12 noon	£2.30	SD
Chi Kung	Sauchie Hall	2-3pm	£2.30	SD
Tai Chi	Ben Cleuch Centre Tilly	6-7pm	£4.50	SD
Beginners Yoga	Alva Academy	6-6.45pm	£4.50	SD
Yoga	Alva Academy	7-8pm	£4.50	SD
BoxFit	Lornshill Academy	7-8pm	£4.50	SD

#### Friday

Parents/toddlers Walk	various start points	10.30-11.30am	FREE	SD
	Contact Kenny for Information			

**There is an access price of £2.30 for SD classes. For information regarding this please use the contact details below.**

***If you require further information please contact Kenny Cook, Active Communities Officer on 01259 452334, mobile 07812607425 or e-mail kcook@clacks.gov.uk***

**SD = Sports Development**

**NHS= National Health Service \*\* 1st four classes FREE**



# 4 IN 10 CANCERS CAN BE PREVENTED

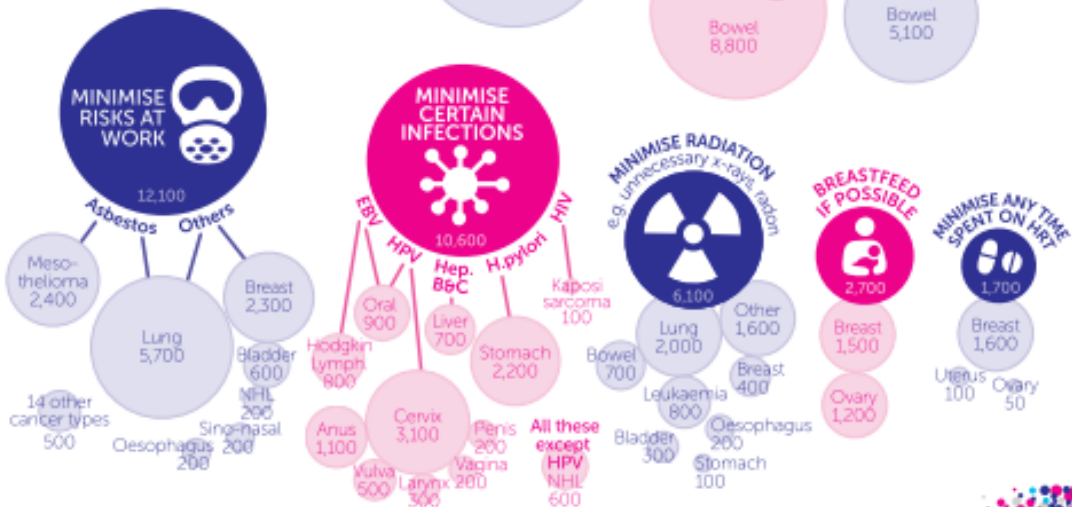
These are proven ways to reduce the risk of cancer.

Numbers and circle sizes show the maximum numbers of cancer cases that could be prevented each year in the UK.

## LIFESTYLE



## OTHER



Numbers for alcohol, meat, HRT, risks at work, infections and radiation are based on zero exposure.

Numbers for weight, fruit & veg, fibre, activity and salt are based on following government recommendations.

\*NHL\* stands for non-Hodgkin lymphoma.

Numbers cannot be summed because cancer cases can have more than one cause.

Produced August 2014.

Let's beat cancer sooner  
[cruk.org/preventable](http://cruk.org/preventable)

