



Skilled for Health

'Something for the Family'



Open to all parents/carers across Exeter!

Activities include:

Cookery

Yoga

Circuits

Salsacise

Fitness

Step

Pilates

Legs, Bums &

Tums



£2 per session

or

£15 for 10

Kids go FREE!

Multi-skills session for aged 5+ when one or more adults attend the activity sessions

Think, Move & Be Well talks

Mix and match over 10 weeks or stick to your favourite!

All activities aged 14+ only

Where?

Thursdays from 6pm

St Luke's Science and Sports College

Starting Thursday 17th September



How to register

Contact Vicki (details below) with your Name, Address, Contact number and Email, plus a list of adults and children (include ages) in your household that will be attending. Then either post your cheque* or drop a cheque*/cash into the main reception at St Luke's Science and Sports College.

**Cheques made payable to St Luke's Science and Sports College*



Coming Soon

Skilled for Health is extending into the community and taster sessions will be available at St James, St Peter's and several primary schools across the next term! Information will be sent out soon

For a full timetable of activities available and more information go to:

www.st-lukes.devon.sch.uk/skilled4health

Email: skilledforhealth@st-lukes.devon.sch.uk

Telephone: 01392 204600