



harpers
health & fitness

Free Health & Fitness for the whole family



www.harpersfitness.co.uk

Activity	Day	Time	Ages	Activity Description
Men Only Football and Gym	Monday	19.00 – 21.00	16yrs+	1 Hour Football Training 1 Hour Mini Matches Open Gym Session
Family Gym & Spin	Saturday	10.00 – 12.00	Family and children 13-16yrs	Work out together in the Gym with an instructor to watch over you and Join in the Spin Class with all the latest tunes
Family Fun and Games	Saturday	09.30 – 11.00	Family and children under 10yrs	Basic Ball Skills and fun and games, including promoting healthy living and diet
Young People Physical Activity	Saturday	11.00 – 12.30	Young People 11-16yrs	Ball Skills, fun and games, social interaction skills and Healthy living
Activity Session for People with disabilities	Thursday	10.00 – 11.30	People with Disabilities 19yrs+	Fun physical activity, to help improve motor skills, promote physical activity and health living

Downham Health & Leisure Centre

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Downham Lifestyles Ltd

Lewisham **NHS**
Primary Care Trust

Managed by Downham Lifestyles Ltd in partnership with the London Borough of Lewisham. Operated by Leisure Connection Ltd.

