

DYNAMIK BODYZ 

DB GYM INDUCTIONS & PROGRAMMES **FREE** WITH ANY MEMBERSHIPS

NO JOINING FEE MEMBERSHIPS FROM **£25** PER PERSON

PERSONAL TRAINER
• FAT BURNING KETTLERCISE • CIRCUITS
• CORE CONDITIONING • MUAY THAI

MONDAY AND THURSDAY 10AM
Boot Camp
PAY AS YOU TRAIN £5

Sunbed • Sauna • Supplements
Wessex Business Centre, Meadow Lane BA13 3EG
01373 864624 • www.dynamikbodyz.com

**START A NEW COURSE,
LEARN A NEW SKILL,
KEEP FIT & LOSE WEIGHT**

A White Horse News special pullout

DEB'S DANCE FITNESS
AT LEIGH PARK COMMUNITY CENTRE

GIVE IT A GO!
ZUMBA DANCE & TONE @ LEIGH PARK COMMUNITY CENTRE
MONDAYS 10AM - A FUN AND EXCITING WAY TO STAY FIT. TAKING THE 'WORK' OUT OF WORK-OUTS!

MONDAYS
ZUMBA GOLD - Low intensity with ultra easy routines for 50+ 11.30am - 12.30pm
CLUBBERCISE - Ultra easy aerobic routines with glow sticks & club anthems 7 - 8pm
WEDNESDAYS
MINDFULNESS PILATES - Mat based class using the mini Pilates ball to promote back strength & posture. 9.45am - 11am
ZUMBA GOLD - 11.30am
ZUMBA DANCE AND TONE - A fun and exciting way to stay fit. Taking the 'work' out of work-outs! 6.15pm - 7pm
THURSDAYS
PILATES - Trowbridge Town Hall, 10 - 11am

REGULAR SOCIAL EVENTS AND TRIPS TO SHOWS AT BRISTOL HIPPODROME
ALL CLASSES £6 PER SESSION OR £10 FOR 2 CLASSES
Contact Debbie on 07941 112893 or debbiebailey4@sky.com
ZUMBA DANCE PARTY! With MIKE LEITCH Every Thursday 6.45pm - 7.45pm
LEIGH PARK COMMUNITY CENTRE WESTBURY
£5 per session • 07772 282246

Blackbelt Zone Fitness Academy
Celebrating 12 years at WWTE
ONE MONTH FREE

GIVE YOUR CHILD A KICK-START IN LIFE!
KICK BOXING WESTBURY
For Ultimate Fitness and Physical Transformation
Instructor: Master Tony Preston 5th Degree Black belt, Han-Kuk Mu-Do Korean Kickboxing
For that First step to a new you!
FIRST TWO LESSONS FREE.

TAMASHII WESTBURY
This exciting new Martial Art teaches students how to de-stress, maximise fitness, tone-up and learn practical self-defence.
FIRST TWO LESSONS FREE.

Karate has been proven to:
Boost **SELF-CONFIDENCE**
Enhance **CONCENTRATION**
Raise **FITNESS LEVELS**
Encourage **GOOD BEHAVIOUR** and teach **GREAT VALUES FOR LIFE**
Please contact us for further information, and to book a **FREE TRIAL LESSON**

For further information: 01373 859777 or 07835 714796 or blackbelt_zone@hotmail.com
7 Washington Road, West Wilts Trading Estate • www.blackbelt-zone.moonfruit.com

live happy!
with Slimming World

MONDAYS
at Leigh Park Community Centre
3.30pm, 5.30pm & 7.30pm
Tel Juliet: 01373 830925

THURSDAYS **NEW CONSULTANT FROM JAN 2017**
at Westbury Leigh Primary School
5.30pm & 7.30 pm
Tel Paula: 07718 596853

FRIDAYS
at Westbury Conservative Club
9.30am & 11.30am
Tel Paula: 07718 596853

slimmingworld.co.uk
0344 897 8000

Slimming WORLD
touching hearts, changing lives

NEW CAREER
AAT courses with WMR Accountancy Training

AAT Certificate in Bookkeeping starts Jan 2017 at Writhlington Sports Centre

- A great way to start your accountancy career
- The first step towards a full AAT qualification
- WMR are well-established, specialist providers of professional accountancy training in Radstock
- Get a job in industry or the accounting profession
- Only 20 minutes drive from Trowbridge and Frome with free parking available

How do I find out more?
Come to our open evening on:
Tues 17 January 6pm-8pm
Or contact us for more information:
07894 163733
www.wmraccountancytraining.co.uk

ENROL NOW

Marylee Wollaston
John Mead
Clair Rhymes

Writhlington Sports Centre
Writhlington School
Knobsbury Lane
Radstock, BA3 3NQ

ELITE MARTIAL ARTS
at Leigh Park Community Centre Westbury

Adult classes in:
• Taekwondo
• Kick Boxing
• Self Defence

**Keep fit
Make friends
Focus your mind**

PAY AS YOU TRAIN

CALL FOR DETAILS, TIMES AND DATES
Tel: 07855 774698
Email: thecruses@tiscali.co.uk
www.elite-martialarts.co.uk

FROMEK9
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AGILITY, FLYBALL, SCENTWORK
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DAY CARE & KENNELS
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LOVE TO SING?
A LITTLE SHY? THEN JOIN MANY OTHER LIKE-MINDED PEOPLE AT

ONE VOICE COMMUNITY CHOIR

- No auditions • No need to read music
- Pop, musicals, great tunes
- It's fun, friendly & feel-good!

FROME: Cricket Club, Each Wednesday at 2pm (except 2nd Weds of each month, 10am)
MELKSHAM: Hall of United Church, Each Thursday at 7pm
NORTH BRADLEY: Progressive Hall, Each Friday at 1.30pm
Call Lee on 01373 825058 / 07766 244321
www.onevoicechoir.co.uk

EFA TRAINING
Emergency First Aid Training

- First Aid at Work courses
- Accidents in the home
- Paediatrics
- Nurseries & Schools
- AED Defibrillation
- Sports Injuries
- Mothers & Toddlers
- First Aid Supplies

COURSES CAN ALSO BE RUN AT YOUR VENUE!
Tel: 01373 823424 • Mob: 07909 640320
Email: info@efa-training.co.uk • Web: www.efa-training.co.uk

Wiltshire Council
Where everybody matters

#movemore

Gym Swim Classes £20.17

Offer only available 1st - 9th January 2017

www.placesforpeopleleisure.org

places for people

Westbury Swimming Pool
01373 822891
Leighton Recreation Centre
01373 824448

Contact us or join online

Whatever place you're into

Our new App coming soon