



ROTHERHAM UNITED
COMMUNITY TRUST

LOW IMPACT FITNESS

CANCER ACTIVITY SESSIONS

FREE

ACTIVITY SUITE | GROUND FLOOR

GOAL ZONE | NEW YORK STADIUM

STARTING W/C 6th JANUARY 2025

WEDNESDAY 10:00AM - 11:00AM

FRIDAY 3:00PM - 4:00PM

LOW IMPACT GYM BASED
WORKOUT ADAPTED TO INDIVIDUAL
NEEDS FOR PEOPLE LIVING WITH
AND BEYOND CANCER

BOOKING ESSENTIAL

Rotherham
Metropolitan
Borough Council

VA
Voluntary
Action
Rotherham

To book email health@rotherhamunited.net or call 01709 827767



www.ruct.co.uk



@RU_CT

BR@ADSWORD
supporting education in sport

