

What's on at St. Francis House and All Saints Church

WHY NOT JOIN IN ONE OF OUR SOCIAL ACTIVITIES

Monday's

Weekly:

6pm – 8pm WeightWatchers

Monthly:

2nd Monday St Francis Ladies Club
Mornings Monday Walkers

Tuesday's

Weekly:

4pm – 8pm Active Dance Class
 Classes for children and teenagers

Monthly:

2nd Tuesday 7.30pm Men's Group

Wednesday's

Weekly:

9.30-12noon First Steps Toddlers
Term-time only

7.45pm – 8.45pm ZUMBA

Bi-Monthly

7.00pm – 9.00pm Brandlesholme Residents Assoc.

Thursday's

Weekly:

9.45am – 11.45am Your Yoga
1.30pm – 3.30pm The ART Group

Friday's

Weekly:

7.30pm – 9.30pm Ramsbottom Choral Society

Brandlesholme Residents Association

Meet in St. Francis House

Most of us consider Brandlesholme a pleasant place to live. It's close to both the town and country and has the Burrs Country Park and the Kirklees Valley in its vicinity. For 60+ years Brandlesholme Residents' Association has served to promote and protect the interests of all the residents in the community and to help further its amenities. With a current membership of some 1100 householders it has grown to be a powerful voice in local affairs. We welcome new comers.

Forthcoming meeting: 7pm – 9pm Wed 21st Jan and 18th March 2015

ActiveDance weekly 4pm – 8pm on a Tuesday

In All Saints Church

ActiveDance offers many different dance classes for children and teenagers. ActiveDance aims to encourage active lifestyles! We provide a fun and safe environment for children and young people to explore their creativity whilst maintaining high levels of fitness and health. Dance classes are held at studios in Bury and Radcliffe – ideally placed for Bury and North Manchester dancers of all experiences.

Zumba classes 7.45pm every Wednesday evening in All Saints Church

Who is it for? Anyone who wants a fun, high energy cardio activity. Not keen on high energy sweat fests, have mobility issues or coming back from injury/surgery? Or just want to start off gently? Zumba Gold Classes are perfect for you.

What is it? Zumba fuses fitness, entertainment and dance into exercise classes that are more like " fitness-parties ". Move along to upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Why Should I? Because exercise should be fun. Some 14 million people in 185 countries around the world have caught the Zumba bug so now could be the time for you to have some fun.