



# FRIDAY NIGHT FAMILY FITNESS FUN & FITNESS FOR ALL!

EVERY FRIDAY NIGHT AT UNIVERSITY ACADEMY KEIGHLEY



**KICKBOXING FOR GIRLS (6+)  
YOGA FOR LADIES**

**£2.50** PER SESSION  
7PM-8:30PM

**JU-JITSU FOR MEN & BOYS**

**£3.50** PER SESSION  
7PM-8:30PM

For all ages and abilities @ **GetActiveGOGA**

Same Venue,  
Same Time,  
Same Enjoyment.  
Every **Friday**

University Academy  
Keighley  
Greenhead Road  
BD20 6RB



Expanding  
Community  
Horizons  
Organisation



First Time? Give us a call or text: 07484521575 Or Email [echo.hubb@gmail.com](mailto:echo.hubb@gmail.com)

<b>Name of club:</b>	Family Fitness Night
<b>Lead Contact details:</b> <b>Contact Number:</b> <b>Email Address:</b>	Shabana Din 07484521575 <a href="mailto:echo.hubb@gmail.com">echo.hubb@gmail.com</a>
<b>Club/Activity Address:</b>  <b>Postcode:</b>	UAK Academy Keighley (Formally Greenhead School) Greenhead Road Keighley BD20 6RB
<b>Sport(s) &amp; activities on offer:</b>	Family Fitness Night  An evening for all the family Same Venue

	<p>Same Time Same Enjoyment</p> <p>Each activity taken place across different studios in the building.</p> <p>YOGA for Ladies – Yoga for all abilities and a social evening too. Increase your health, social-wellbeing and tone up whilst having a little giggle too. We meet in the main hall at 7pm every Friday.</p> <p>Kickboxing for girls – An introduction to self-defence and footwork and moves for girls aged 6+ We enjoy learning different moves and activities every week. Grading opportunities available – Girls can work up their kickboxing levels and belts. (optional)</p> <p>Ju-Jitsu for men and boys</p> <p>For boys and men aged 6+ take part in learning the key moves to become a Ju-Jitsu master. An opportunity for dads and sons to take part in activity together.</p>
<b>Session Details (Time/Day):</b>	We meet every Friday 7pm-8:30pm
<b>Who can attend (i.e. all disabilities / visually impaired):</b>	The session is for all abilities
<b>Cost:</b>	From £2.50 a session