**Mencap around the world Challenge**

The “Around the World Challenge” allows an individual to take part in exercise within the local community, free of charge, due to Mencap funding.

In Nuneaton the community learning disabilities team (The Loft) have planned, gym and Zumba sessions throughout the year

Gym induction: Tuesday 7th January 2020 – 11:00am – 1:00pm



**Every Tuesday:**

 Gym Session 11:00 - 12:00

 Zumba Class 12:30 - 13:30

Contact the Nuneaton or North Warwickshire hub, if you are interested