



Omnia Classes

Supporting Men's Mental Health in Arun

Omnia is a circuits class which is based in the Gym & run by our Gym instructor. Tea, coffee and chat available following the session at 11 - 11.30am.

6 weeks: Tuesdays, 10 - 11am
£2 per session

To book please contact: Arun Leisure Centre, Felpham Way, PO22 8ED
01243 826612 / www.freedom-leisure.co.uk/arun

Funded by  west
sussex
county
council


ARUN
DISTRICT COUNCIL



 **freedomleisure**
where you matter