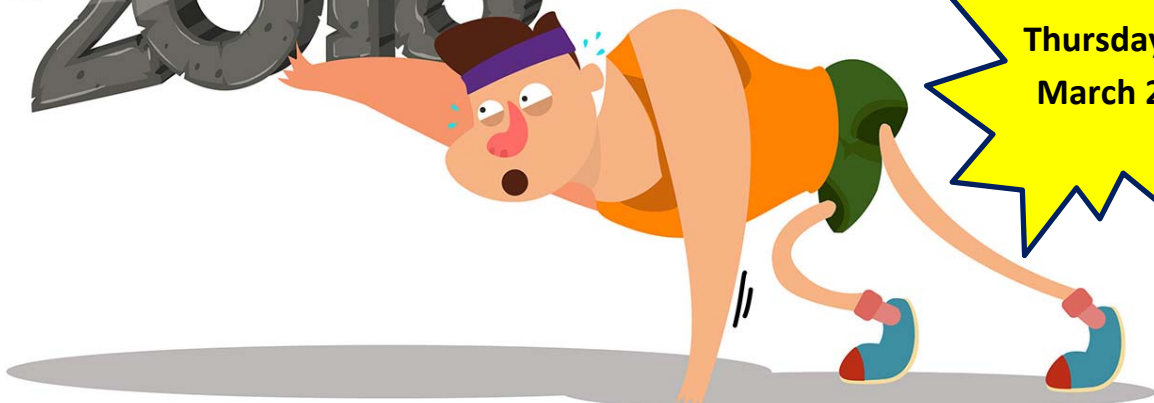




SCHOOL PARENTS &  
FAMILY ASSOCIATION

# FITNESS TRAINING CLASS

2018



Starts  
Thursday 15<sup>th</sup>  
March 2018

**When:** Thursdays, 18:30pm – 19:30pm (except the first Thursday of every Month)

**Where:** The Crown (Forget Me Not), 1069 Tyburn Road, Erdington, B24

**Who For:** Anyone Aged 16+

**Cost:** £4 per session

**Why:** To get fit and ready for this years SPFA Family Assault Course on  
16<sup>th</sup> June 2018

**NOTE:** If attending for the first time please arrive by 18:15pm to ensure all  
paperwork is completed prior to the start of the session.