

Fit MAD

mums and daughters
active together



Price £3 for Mum and Daughter (50p extra per sibling)
For girls aged Primary 5+



FITMAD FITNESS with Hayley

Saturday 5 Nov 1:30-2:15pm Victoria Halls Annan

FITMAD YOGA with Susan

Thursday 10 Nov 6:45-7:30pm Victoria Halls Annan

FITMAD STRICTLY SPECIAL with Maureen Smith Dance Academy

Saturday 12 Nov 1:30-2:15pm Victoria Halls Annan

FITMAD TENNIS with Mark

Thursday 17 Nov 6pm-6:45pm Victoria Halls Annan

FITMAD BOXING in partnership with Solway Spartan Boxing Club

Thursday 24 Nov 7:15-8:00pm Provast Mills, Queensbury Street, Annan (Boxing Club)

**Booking is essential
as numbers are
limited.**

To book, email
[Active.Communities@
dumgal.gov.uk](mailto:Active.Communities@dumgal.gov.uk)

Please provide
names and ages of
participants and
mobile contact
number.

Active Communities working in partnership with local instructors and clubs are bringing FITMAD to local communities. Activities are one-off, come and try, special physical activity sessions for mothers and daughters.

And now we are extending this invite to ALL female members of the family to join have some fun!

Grandmothers, aunties, sisters, we can't wait to meet you all!