



Community
Sports
Trust

Realising Potential
Include, Innovate, Inspire

Fitness Class for Adults

A whole body workout, open to people of all abilities

On
Your
Side

Participants: **Adults 18+**

Open to MINT and forensic service users under the care of West London NHS Trust and adults seeking support with their mental health

Date: **Every Tuesday**

Time: **14.00 - 15.00**

Location: **Community Stadium Hub
Underwood House, 1A Thomas Layton Way
London TW8 0SB**

Activities for children under 5 available



For more information, please contact: health@brentfordfcst.com

Just turn up and join in!

