



CALLING ALL
LEICESTER-SHIRE AND
RUTLAND WOMEN...

THIS GIRL CAN

MONDAY 8th -
SUNDAY 14th
JUNE 2015



**THIS
GIRL
CAN**

With



LEICESTER-SHIRE
& RUTLAND SPORT
SPORT & PHYSICAL ACTIVITY

Get active with
Leicester-Shire & Rutland
Sport this June!

RUN INTO A HEALTHIER YOU



LRS

LEICESTER-SHIRE
& RUTLAND SPORT
SPORT & PHYSICAL ACTIVITY

Leicester-shire & Rutland Sport (LRS) can help you to take on a new challenge, lose weight, be healthier and meet new people in one easy way;

- Over 30 Run England beginner running groups across Leicester-Shire & Rutland
- Offering beginner friendly running sessions
- Led by qualified and insured run leaders.

To find out more about the Beginners Running groups that are operating across Leicester-Shire and Rutland please visit www.runengland.org/groups or www.lrsport.org/running or contact our Running Activator;

Kimangell.running@yahoo.co.uk

Find out more
runengland.org/runforhealth



A bad workout is
better than no workout

BLABY >

LEICESTER-SHIRE AND RUTLAND
THIS GIRL CAN
8-14 JUNE 2015

DATE	ACTIVITY	AGE	LOCATION	TIME	£
8th	Step	18+	The Pavilion, Huncote	9.30-10.30am	£4
8th	Pilates with Props	18+	Blaby Golf Centre	2-3pm	£4
8th	Legs Bums and Tums	18+	Thorpe Astley Community Centre	6-6.45pm	£3
8th	Circuits	18+	The Pavilion, Huncote	6.30-7.30 pm	£4.80
8th	Total Tone Circuits	18+	Winstanley Community College	6.30-7.30pm	£4
8th	Fitsteps	16+	Blaby and Whetstone Youth Club	6.30-7.30pm	£4
8th	Karate	5+	Civic Centre, Kingsway, Braunstone	6.30-7.30	£6.50*
8th	Zumba	14+	Winstanley Community College	7.30-8.30pm	£4
9th	Gym tour and Demonstration	16+	The Pavilion, Huncote	All day	Free
9th	Yoga	All ages	Whetstone Memorial Hall	10-11am	£4.50
9th	Tai Chi	18+	The Pavilion, Huncote	10-11 am	£4
9th	Over 50's Circuits	50+	The Pavilion, Huncote	10.30-11.30am	£3
9th	Hula Hooping/Bokwa	16+	Brockington College, Enderby	6.15-7.00pm	£4
9th	Pilates	18+	The Pavilion, Huncote	6.30-7.30pm	£4
9th	Karate	5+	Sapcote Pavilion, Hinckley Road	6.30-8pm	£6.50*
10th	Pilates	18+	The Pavilion, Huncote	9.30-10.30 am	£4
10th	Disability Multi Sport	18+	Blaby and Whetstone Youth Club	12.30-2 pm	£3
10th	Fitsteps	16+	Glen Parva Memorial Hall	1.30-2.30 pm	£4
10th	Fitsteps	16+	Countesthorpe Village Hall	6pm	£3.50
10th	Zumba	18+	The Pavilion, Huncote	6.30-7.15pm	£3.40
10th	Intense Circuits	18+	Brockington College, Enderby	6.30-7.30pm	£4
10th	Kettlebell High Intensity	18+	Glen Parva Memorial Hall	7-8 pm	£4
10th	Zumba	14+	Brockington College, Enderby	7.30-8.30pm	£4
11th	Low Impact Aerobics	18+	Blaby Golf Centre, Lutterworth Road	9-9.30 am	£2
11th	Legs Bums and Tums	18+	Blaby Golf Centre, Lutterworth Road	9.30-10.30am	£3.50
11th	Health Walk	16+	Glen Parva Glen Hills Library CarPark	10.30am	Free
11th	Over 50's Badminton	50+	The Pavilion, Huncote	10.30-11.30am	£2.60
11th	Rounders	12+	Mossdale Meadows, Kingsway, Braunstone	6-7pm	£2
11th	Boxercise	18+	The Pavilion, Huncote	6.30-7.30 pm	£4
12th	Aerobic Conditioning	18+	The Pavilion, Huncote	9.30-10.30 am	£4
12th	Ab Blast	18+	The Pavilion, Huncote	12.30-1pm	£3
12th	Chair Based Exercise	16+	Blaby & District Social Centre	2.30-3.30pm	£2.50
12th	High Intensity Interval Training	18+	The Pavilion, Huncote	6-6.45pm	£3.50
12th	Roller Skating	11-16	Blaby and Whetstone Youth Club	6 - 9pm	Free
12th	Karate	5+	Cosby Village Hall	6.30-8pm	£6.50*
13th	Cardio Blast	18+	The Pavilion, Huncote	9.30-10.30am	£4
13th	Karate	5+	42nd Scout Group, Glenfield	10.30-12pm	£6.50*
14th	Karate	5+	Whetstone Memorial Hall	10-11.30am	£6.50*
14th	Karate	5+	Kirby Muxloe Village Hall	10.30am -12pm	£6.50*

For more information on activities in Blaby, contact:

T: 0116 2727703

E: leisure@blaby.gov.uk

W: www.sportblaby.org.uk and www.lrsport.org/thisgirlcan

*Family discounts available



LEICESTER-SHIRE AND RUTLAND
THIS GIRL CAN
8-14 JUNE 2015

CHARNWOOD >

Slow progress is better than no progress



Date	Activity	Age	Location	Time	£
8th	Beginners Running	16+	Riverside Primary School, Birstall	8.50am	Free
8th	Beginners Running	16+	Birstall playing fields	9am	Free
8th	Womens Only Swim	16+	Loughborough Leisure Centre	11am - 12pm	£3.40
8th	Back to Netball	All ages	Sports Centre, Charnwood College	6.30 - 8pm	£5
8th	Womens Only Swim	16+	Loughborough Leisure Centre	7.30 -8.30pm	£3.40
9th	Zumba	16+	Sixth form centre, Charnwood college	6.30 -7.30pm	£4.50
10th	Ladies only bootcamp	16+	Watermead Park, Melton Road entrance, Thurmaston	6.30pm	£2
10th	Kickboxing	16+	The Centre, Nottingham Road, Loughborough	7.30 -8.30pm	£2.50
11th	Boot Camp	16+	Wreake Valley Academy, Syston	7pm	£2
11th	Womens Only Swim	16+	Soar Valley Leisure Centre, Off Kingfisher Road, Mountsorrel, LE12 7FG	8 - 9pm	£3.40
12th	Hatha Yoga [suitable for beginners]	16 +	Brook Studio, Syston, LE7 1GG	10-11am	£5.50
12th	Kettlercise	16+	Greenfields Sports Club	6pm	£5
12th	Charity Girls Night out! Grab the girls for an evening of exercise sessions and activities finished with Clubbercise!*	16+	Charnwood College - Please see advert over page for details	6.30 - 9.30pm	£5**
13th	Try Sailing [Bring a waterproof coat and old trainers] Women only	16 +	Wanlip Sailing Club. Syston	2 - 4pm	Free

For more information on activities in Charnwood, contact

T-01509 634673

E: active.together@charnwood.gov.uk

W: www.charnwoodsport.org.uk and www.lrsport.org/thisgirlcan



Charity Girls Night Out

Try out & enjoy

Yoga

Bootcamp Clubbercise Massages

Charnwood College
Friday, June 12, 6.30-9.30pm

Tickets £5 (inc. FREE T-shirt) & proceeds in aid
of Living Without Abuse and Cancer Research
UK. Call 01509 632534 or email
active.together@charnwood.gov.uk

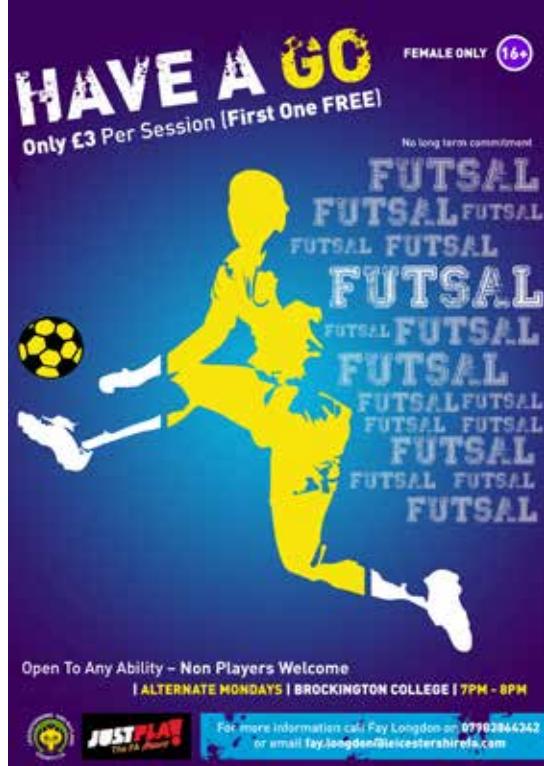
Grab the girls for an evening of exercise, activities & end with Clubbercise!



Golf's winning combination of exercise, sporting skill and social interaction make it the perfect tonic for good health and happiness. "It's a great sport for women because it keeps you fit, you're outdoors and you get to come to amazing places," says the actress Denise van Outen.

Beginner courses are available across Leicestershire and Rutland. So, all you need to do is book and turn up on the day in comfortable clothing, equipment is provided.

**For more information go to
www.getintogolf.org or call 0800 118 2766**



Youth Sport Direct
believes
every girl can!

**View our extensive range of sports equipment
and resources online:**

www.youthsportdirect.org

100% of profits reinvested into youth sport



The secret to getting ahead is getting started



HARBOROUGH >

DATE	ACTIVITY	AGE	LOCATION	TIME	£
8th	Beginner Running session	16+	Broughton Astley, Whitehorse carpark	7.15 - 8.15pm	£2
8th	Emotive Monday Movers [running]	16+	Fleckney Recreation Ground	9.20am	£3
8th	Choose to Move	11+	Lutterworth Town Hall	10.30 - 11.15am	£3
8th	Emotive Monday Movers [running]	16+	Fleckney Recreation Ground	4.45pm	£3
8th	Spinning	18+	Harborough Leisure Centre	7 - 7.45am	£1
8th	Cricket	11+	Kibworth Cricket Club	6 - 7pm	Free
8th	Body Balance	18+	Harborough Leisure Centre	1.30 - 2.30pm	£1
9th	Body Pump Express	18+	Harborough Leisure Centre	9.45 - 10.30am	£1
9th	CXWORX	18+	Harborough Leisure Centre	10.45 - 11.15am	£1
9th	Body Balance Express	18+	Harborough Leisure Centre	11.15am - 12pm	£1
9th	Core Control	18+	Harborough Leisure Centre	6pm - 6.45pm	£1
9th	Aqua Fit	18+	Harborough Leisure Centre	7.30 - 8.30pm	£2.50
9th	Women Only Swim	18+	Harborough Leisure Centre	8.30 - 9.30pm	£2.50
10th	Kettlebells Express	18+	Harborough Leisure Centre	7 - 7.45am	£1
10th	Kettlecise	18+	Harborough Leisure Centre	11.30am - 12.30pm	£1
10th	Aqua Circuits	18+	Harborough Leisure Centre	8 - 9pm	£1
10th	Beginner Running session	11+	Broughton Astley, Whitehorse carpark	6.30 - 7.30pm	Free
10th	Choose to Move	11+	Fleckney Sports Centre	10.30 - 11.15am	£3
10th	Softball	11+	Symingtons Recreation Ground, Market Harborough	5 - 6pm	Free
10th	Rounders	11+	Frolesworth Recreation Ground, Broughton Astley	4.30 - 5.30pm	£1
10th	Back to Hockey	11+	Welland Park Academy, Market Harborough	6.30 - 7.30pm	Free
10th	Aqua Circuits	18+	Harborough Leisure Centre	8 - 9pm	£2.50
11th	Body Pump	18+	Harborough Leisure Centre	11am - 12pm	£1
11th	Kettlebells	18+	Harborough Leisure Centre	6 - 7pm	£1
11th	Body Combat	18+	Harborough Leisure Centre	8 - 9pm	£1
11th	Rounders	11+	Fleckney Sports Centre	4 - 5pm	£1
11th	Boxercise	11+	Scraptoft recreation ground	1.45 - 2.45pm	£1
12th	Kettlecise	18+	Harborough Leisure Centre	9.30 - 10.30am	£1
12th	Ladies only Roller Skating	11+	Midland Roller Arena, Ashby Parva	9.30 - 11am	£4
12th	Body Attack Express	18+	Harborough Leisure Centre	6 - 6.45pm	£1
12th	CXWORX	18+	Harborough Leisure Centre	6.45 - 7.15pm	£1
12th	Boxercise	11+	Thurnby recreation ground	2 - 3pm	£1
12th	Roller Disco	11+	Midland Roller Arena, Ashby Parva	5.30 - 8.30pm	£4
12th	Beginner Running session	11+	Lutterworth recreation ground	11am -12pm	Free
13th	Harborough Half-Marathon	18+	Market Harborough	12pm	£25
13th	Harborough 10km	18+	Market Harborough	12pm	£20
13th	Harborough Boxercise	11+	Fleckney	10 - 11am	£1
13th	Market Harborough parkrun	11+	Welland Park, Market Harborough	9am	Free
14th	Body Attack	18+	Harborough Leisure Centre	9.30 - 10.30am	£1

For more information on activities in Harborough, contact:

T: 01858 828282

E: activetogether@harborough.gov.uk

W: www.harboroughsport.org.uk and www.lrsport.org/thisgirlcan



Hinckley & Bosworth
Borough Council
A Borough to be proud of

Be the best
YOU can be

HINCKLEY & BOSWORTH >

DATE	ACTIVITY	AGE	LOCATION	TIME	£
8th - 14th	All Fitness Classes - female non-members*	16+	Hinckley Leisure Centre	Various	£2.45 [normally £4.90]
8th - 14th	Hinckley Ladies Netball Contact: 07875 535437	All	Leicester Road Sports Ground, Hinckley	Various	Free
8th	Beginners Running Contact 07914 889669	16+	Richmond Park, Hinckley	9.15am	£2
8th	TKT Cheerleading with Tracey Tye Contact 07588603964	13+	St Francis Centre, Hinckley	6 - 7.30pm	£5
8th	Mallory Mile Bike ride Contact 01455 255959	All	Mallory Park, Kirkby Mallory	6 - 8pm	Free
8th	Ladies Hit Workout Class	All	George Ward Centre, Barwell	7.15-8.15pm	£4
9th	Market Bosworth Netball Club Contact bosworthnetball@yahoo.co.uk	16+	Dixie School, Market Bosworth	6 - 8pm	£3
9th	Beginners Running	16+	George Ward Centre, Barwell	6.30pm	£2
10th	Breeze ride - Mums and Daughters Contact 01455 255950 www.goskyride.com	All	Tbc	10.30am	Tbc
10th	Burbage Taekwondo, Ladies Combat Class Contact 01455 697071	18+	Dennis House, 4, Hawley Road, LE10 0PR	11am - 12pm	Free
11th	Spartans Kickboxing - Adult beginners Contact 0759 044 1927	18+	Spartans Academy, Southfield Road, Hinckley	7.45-8.45pm	Free
13th	Burbage Taekwondo, Ladies Combat Class Tel: 01455 697071	18+	Dennis House, 4, Hawley Road, LE10 0PR	2 - 3pm	Free
13th	Swimming*	All	Hinckley Leisure Centre	Various - please check pool timetable	Free
13th	Badminton - court hire*	All	Hinckley Leisure Centre	12 - 3pm	Free
14/06	Hinckley & Bosworth Baby Show Contact 01455 255784	**	Hinckley Leisure Centre,	10-1.30pm	Free
On request	Gym session, United Gym Contact 01455 842233	18+	United Gym, Leicester Road, Hinckley	On request	Free

For more information on activities in Hinckley & Bosworth, contact:

T: 01455 255908

E: activetogether@hinckley-bosworth.gov.uk

W: www.hbsha.org.uk and www.lrsport.org/thisgirlcan



*For more information or to book contact 01455 610011 or <http://www.placesforpeopleleisure.org/centres/hinckley-leisure-centre/>

**For parents and expectant parents of babies, children under 5's

6 WEEKS MEMBERSHIP

SHAPE UP FOR SUMMER
NO CONTRACT | NO JOINING FEE

£32
saving £48!

£80

FREE 6 WEEK PROGRAMME*

leicester.gov.uk/lifestylefitness

1 June - 31 July

For more information contact your local leisure centre or visit our website



* If the above purchasers of a 6 week Shape up for Summer pass decides to join no one of the Direct Debit memberships available after the promotion we would waive the joining fee. This can be redeemed 1 week after their promotion expires. Previous members must have been cancelled for more than 2 months to be eligible for any of the above offers. Offers cannot be used in conjunction with any other offers or discounts. Only one per account. Multiple offers can be purchased as gift vouchers but the vouchers must be redeemed during the advertised promotional date. The FREE 6 week programme is available to download online and is only meant for use in Leicester City Council Lifestyle Fitness Leisure Centres where there are trained staff to help with any queries you may have. Please view full programme and promotional terms and conditions on our website.



Step out of
your comfort zone

LEICESTER-SHIRE AND RUTLAND
THIS GIRL CAN
8-14 JUNE 2015

LEICESTER CITY

DATE	ACTIVITY	AGE	LOCATION	TIME	£
8th	Fitness Studio	16+	Cossington Street Sports Centre	9am - 12pm	*
8th	Aqua	16+	Cossington Street Sports Centre	9.30 - 10.15am	*
8th	Circuits	16+	Spence Street Sports Centre	11am - 12pm	*
8th	Fitness Studio	16+	Spence Street Sports Centre	11am - 1pm	*
8th	Swimming	16+	Braunstone Leisure Centre	12.30 - 1.30pm	*
8th	Swimming Lessons	16+	Braunstone Leisure Centre	12.30 - 1.30pm	*
8th	Zumba	11-19	New Parks Club for Young People	3.30 - 4.30pm	Free
8th	Swimming	16+	New Parks Leisure Centre	8 - 10pm	*
9th	Aqua	16+	Cossington Street Sports Centre	9.15 - 10am	*
9th	Back to Netball	16+	Cossington Street Sports Centre	9.30am	Free
9th	Swimming	16+	New Parks Leisure Centre	10 - 11am	*
9th	Badminton	16+	Cossington Street Sports Centre	10 - 11.30am	£1
9th	Swimming	16+	Leicester Leys Leisure Centre	11am - 12pm	*
9th	Zumba	11-19	Eyres Monsell Club for Young People	2-4pm	Free
9th	Fitness Studio	16+	Cossington Street Sports Centre	4.30 - 7.30pm	*
9th	Swimming	16+	Cossington Street Sports Centre	5.45 - 6.45pm	*
9th	Fitness Studio	16+	Spence Street Sports Centre	6 - 8pm	*
9th	Swimming	16+	Cossington Street Sports Centre	6.45 - 8.15pm	*
9th	Swimming - women and girls	16+	Braunstone Leisure Centre	8 - 10pm	*
10th	Fitness Studio	16+	Spence Street Sports Centre	9 - 11am	*
10th	Back to Netball	16+	Highfield's Community Centre	9.30am	Free
10th	Swimming	16+	Braunstone Leisure Centre	10 - 11am	*
10th	Swimming Lessons	16+	Braunstone Leisure Centre	10 - 11am	*
10th	Buggy Walk	16+	Abbey Park [meet at Pavilion tea rooms]	10.30am	Free
10th	Swimming	16+	Aylestone Leisure Centre	11am - 12pm	*
10th	Legs, bums & Tums	16+	New Parks Leisure Centre	11.20am - 12pm	*
10th	Zumba	16+	Spence Street Sports Centre	12.15 - 1pm	*
10th	Swimming - women and girls	16+	Beaumont Leys School	6.30 - 7.30pm	£1
10th	Aqua - women	16+	Spence Street Sports Centre	6.30 - 8pm	*
10th	Insanity	16+	Beaumont Leys School	7.15 - 8pm	£1
10th	Cardio Tennis	16+	Westfields tennis club	7 - 8pm	Free
10th	Swimming	16+	Aylestone Leisure Centre	7 - 8pm	*
10th	Aqua	16+	Aylestone Leisure Centre	7.15 - 8pm	£5.30
10th	Swimming - women and girls	16+	Evington Leisure Centre	7.30 - 8.30pm	£4
10th	Aqua	16+	Evington Leisure Centre	8.15 - 9pm	£5.30
10th	Swimming	16+	Evington Leisure Centre	8.30 - 9.30pm	£4
11th	Swimming - women only	16+	Leicester Leys Leisure Centre	11am - 12pm	*
11th	Archery	11-19	Eyres Monsell Club for Young people	3-4pm	Free
11th	Badminton	16+	Cossington Street Sports Centre	5 - 9pm	£1
11th	Have a go with the Girls - Canoeing	8+	Leicester Outdoor Pursuits Centre	6.30 - 8pm	£2
12th	Swimming	16+	New Parks Leisure Centre	11am - 12pm	*
12th	Aqua	16+	Aylestone Leisure Centre	12.15 - 1pm	*
12th	Dodgeball	11-19	Eyres Monsell Club for Young people	3-4pm	Free
12th	Fitness Studio	16+	Spence Street Sports Centre	6.30 - 8pm	*
12th	Swimming - women and girls	16+	Spence Street Sports Centre	7 - 8pm	*
13th	Swimming	16+	Cossington Street Sports Centre	8.30 - 9am	£2
14th	Swimming - women and girls	16+	Spence Street Sports Centre	12 - 1pm	*
14th	Have a go with the Girls - Canoeing	8+	Leicester Outdoor Pursuits Centre	2.30 - 4pm	£2
14th	Street Dance	13-25	Braunstone Leisure Centre	3 - 5pm	£1
14th	Tennis - Contact 0116 2708813	12+	Leicestershire Lawn Tennis Club	4 - 6pm	Free

For more information on activities in Leicester City, contact:

T: 0116 2333085

E: Sports.services@leicester.gov.uk

W: www.leicester.gov.uk/sports and www.lrsport.org/thisgirlcan

Please note these are all women only session. *Cost of sessions may vary between each leisure centre. Please contact on above details for more information.
**Sessions running throughout the week. Please contact on above details for more information.



MELTON >

Want to Lose Weight... For Good?

FREE weight loss sessions
at a venue near you

Friendly
supportive environment

10 week course:
Nutrition sessions with exercise classes

Lifestyle Eating and Activity Programme

What is LEAP?

LEAP is a completely FREE 10 week weight management programme for adults in Leicestershire. It combines nutrition sessions led by a registered dietitian followed by an exercise session with an activity instructor. If you are fed up of "dieting", then this programme is for you. We have already helped hundreds of people across Leicestershire lose weight and keep it off.

Learn about topics such as:

- Balanced eating
- Portion sizes
- How to read food labels
- Eating out the healthy way
- Emotional eating
- Why "diets" don't work
- Which exercises suit you and your needs best

For more information call us on
0116 222 7154



Great British Tennis Weekend Dates:
16 & 17 May, 13 & 14 June and 1 & 2 August

To book and find out more, go to
lta.org.uk/gbtw



#AnyoneForTennis



Get Going Together

Can help you to keep you active, healthy and feeling good

Get Going Together is a Health & Wellbeing programme to help older people to become more physically active. It is particularly aimed at people 60+ with a Long Term Condition, such as Arthritis, Heart & Respiratory illnesses, Mental Health or Diabetes to access a Physical Activity of their choice, this could include gentle or seated exercise sessions suitable for those suffering from dementia or restricted mobility through to indoor bowls, ethnic dancing, Tai Chi and Zumba.

We support individuals or groups of people to take part in physical activities in Leicester city, Oadby & Wigston and the Blaby districts. We are keen to hear from older people who would like to benefit from the project and from volunteers who have an interest in promoting the wellbeing of older people.

For more information, please contact Phillipa Stanbridge on 0116 2237365 or 07791 086521

Email phillipa.stanbridge@ageukleics.org.uk or visit www.ageuk.org.uk/leics/our-services/get-going-together/

Always check with your G.P before taking part in any new physical activities

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www.inspire2tri.com

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The Studio Barn, Manton

A stunning Fitness Studio in the heart of Rutland. Highly experienced instructors delivering bespoke pay-as-you-go Classes & Training catering for all ages & abilities.



With a little bit of encouragement, support, empathy and fun, The Girl CAN!



Melton
Borough
Council

Don't dream
of it, DO IT!

DATE	ACTIVITY	AGE	LOCATION	TIME	£
8th -12th	This Girl Can College and School Roadshow	14+	Melton & Belvoir Secondary Schools and College's	1.30 – 3.30pm	Free
8th	CX Worx*	16+	Waterfield Leisure Centre	11.55am - 12.25pm	Free
8th	Tai chi	All ages	Gloucester House	11.30am - 12.30pm	Free
8th	Kickboxercise	14+	Samworth Centre	7 - 8pm	Free
8th	Group Horse Riding [must provide own Horse]**	14-25	Brooksbys Equestrian Centre, LE14 2LJ	6 - 7pm	£10
8th	Dance	11-18	Ashfordby Hall	6.45 - 8.15pm	Free
8th	Group Horse Riding [must provide own Horse]**	14-25	Brooksbys Equestrian Centre, LE14 2LJ	7 - 8pm	£10
8th	First Aid for Horses [unmounted]**	14-25	Brooksbys Equestrian Centre, LE14 2LJ	5.30pm	Free
8th	First Aid for Horses [unmounted]**	14-25	Brooksbys Equestrian Centre, LE14 2LJ	7pm	Free
9th	Zumba*	16+	Waterfield Leisure Centre	9.30 - 10.30am	Free
9th	Legs, Bums and Tums*	16+	Waterfield Leisure Centre	1 - 1.45pm	Free
9th	Post Natal Yoga	All ages	The Cove Children's Centre	12 - 1pm	£2
9th	Pregnancy Yoga	All ages	The Cove Children's Centre	7 - 8pm	£2
9th	Teenager Tennis Session	10 - 16	Off Hose Lane, Mount Pleasant, Hose, LE14 4JR	6 - 7pm	Free
9th	Ladies Tennis	16+	Off Hose Lane, Mount Pleasant, Hose, LE14 4JR	7.10 - 8.10pm	Free
10th	Girls Football	14 + 15	Asfordby Acres, Hoby Road, Asfordby, LE14 3TL	6 - 7pm	Free
10th	Ladies Football	16+	Asfordby Acres, Hoby Road, Asfordby, LE14 3TL	7 - 8pm	Free
10th	Pure Stretch*	16+	Waterfield Leisure Centre	11.30am - 12.30pm	Free
10th	Ladies Rusty Rackets Tennis	16+	Off Hose Lane, Mount Pleasant, Hose, LE14 4JR	9.30 - 11am	Free
11th	Bodystep*	16+	Waterfield Leisure Centre	9.30 - 10.30am	Free
11th	Yoga*	16+	Waterfield Leisure Centre	10.45 - 11.45am	Free
11th	Kickboxing and Kung Fu	5+	Polish Club, Sandy Lane	7 - 8.30pm	Free
12th	Pushy Mums [Buggy Fitness]	All Ages	Wilton Park Band Stand	9.30 - 10.30am	Free
12th	HiiT*	16+	Waterfield Leisure Centre	10.35 - 11.20am	Free
13th	Parkrun: Melton girls can run	All	Melton Country Park	9am	Free
13th	Kickboxercise	14+	Well Fit Studio, Leics Rd Ind Est	10.35 - 11.45am	Free
13th	Kickboxing and Kung Fu	5+	Well Fit Studio, Leics Rd Ind Est	12 - 1.30pm	Free
13th	Bowls Club Open Day	All ages	Holwell Sports Bowls Club, Welby Rd, Asfordby Hill, LE14 3RD	10am - 4pm	Free
14th	Girls Football Open Morning	5-11	Nottingham Road Ground Bottesford, NG13 0AP	10am - 12pm	Free

For more information on activities in Melton, contact:

T: 01664 502502

E: sports@melton.gov.uk

W: www.meltonsportandhealth.org.uk and www.lrsport.org/thisgirlcan



*Please contact Waterfield Leisure Centre for more information on 01664 563550

** Pre-booking is essential at Brooksbys Equestrian Centre, 01664 424280

LEICESTER-SHIRE AND RUTLAND
THIS GIRL CAN
8-14 JUNE 2015

Getting your
150 minutes?



NORTH WEST LEICESTERSHIRE

DATE	ACTIVITY	AGE	LOCATION	TIME	£
8th	Legs, Bums & Tums	16+	Hermitage Leisure Centre	10.30-11.30am	£5.20*
8th	Cardio Sculpt	14-25	Measham Leisure Centre	5.30-6.30pm	£1
8th	Zumba	14+	Hood Park Leisure Centre	7.30-8.30pm	£5.20*
9th	Zumba	14+	Measham Leisure Centre	9.30-10.30am	£5.20*
10th	Zumba	14+	Hermitage Leisure Centre	7.30-8.30pm	£5.20*
11th	Boxercise	16+	Ellistown Working Mens Club Booking required 07891692390	8-9pm	£4
12th	Nordic Walking	16+	Moira Furnace Booking required 07891692390	6-7pm	£2.50
12th	Dance Step	16+	Hood Park Leisure Centre	9.30-10.30am	£5.20*
13th	Nordic Walking	16+	Moira Furnace Booking required 07891692390	9-10am	£2.50
13th	Zumba	14+	Measham Leisure Centre	10-11am	£5.20*



For more information on activities in North West Leicestershire, contact:

T: 01530 454606

E: zara.barnes@nwleicestershire.gov.uk

W: www.northwestleicslsa.org.uk and www.lrsport.org/thisgirlcan

*Booking essential directly with venues: Hood Park Leisure Centre 01530 412181, Measham Leisure Centre 01530 274061, Hermitage Leisure Centre 811215

LRS Workshops



How to deliver an interactive fun session for females

4th June 2015

6-9pm (includes practical element)

Venue TBC

FREE

Develop your coaching skills, equipping you with the essential knowledge to ensure female participants enjoy themselves and keep coming back to your sessions

Engaging with young people- delivered by Young Leicestershire

22nd June 2015

6-8pm

Sport Park, Loughborough, LE11 3QF

FREE

As the biggest provider of open-access clubs for young people, Young Leicestershire will provide information on their organisation and how they link with Youth work, partners that they work with and models of good practice used with 15,000 members.



Please book at: <http://www.lrsport.org/bookit/>



Sign up for FREE and you could win prizes when your workplace gets active!

- 3 Challenges on offer:
- Activity Log ①
- Competiton Programme ②
- Business Games ③

GET HEALTHY, GET INTO SPORT

New Parks (Leicester City)
Greenhill (North West Leicestershire)

Would you like to look and feel better? Have more confidence and self-esteem?
Meet new friends?

If you're ready to feel the benefits and take steps to improving your physical and social health simply by becoming more active, we have all the support to help....

- Activities that are fun, FREE and on your doorstep
- Friendly and supportive mentors
- Opportunities to try something new with family and friends

For more information, call 01509 564888

email info@lrsport.org or visit www.lrsport.org/ghgis

*eligibility criteria applicable



LEICESTER-SHIRE
& RUTLAND SPORT
SPORT & PHYSICAL ACTIVITY



* Not available in all County Sports Partnerships, please see workplace challenge website for details

www.workplacechallenge.org.uk

LEICESTER-SHIRE AND RUTLAND
THIS GIRL CAN
8-14 JUNE 2015

More fun,
less fear



OADBY & WIGSTON >

DATE	ACTIVITY	AGE	LOCATION	TIME	£
Various	Dadby and Wigston Girls Football Club Training sessions Lesley Batchelor (0116) 275 2580	6+	Meadows Sports Ground, Countesthorpe,	Various	Free
8th	Her Kettle Bells**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	9.30 -10.15am	Free*
8th	Ladies only Swimming	All	Dadby Swimming Pool	3 - 4pm	Free
8th	Her LBT**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	6 - 6.45pm	Free*
8th	Running and athletics fitness for all abilities***	14+	Abington Academy , Wigston	6.30 - 7.30pm	Free
8th	Her Kettle Bells**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	6.45 - 7.30pm	Free*
8th	Her Spin**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	7.30 - 8.15pm	Free*
9th	WomenToday - Exercise Class - Jo Knight 07547677934	50+	The Elms, Bushloe End, Wigston,	9.30 - 10.30am	Free
9th	Her Tone**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	9.30 - 10.15am	Free*
9th	Ladies only Swimming	All	Dadby Swimming Pool	10 - 11am	Free
9th	Her Pilates**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	10.15 -11am	Free*
9th	Ladies Beginner Golf Sessions - Richard Reed 0116 271 3748	16+	Glen Gorse Golf Club Dadby	11am - 12pm	£5
9th	Girls Badminton	All	Parklands Leisure Centre, Dadby	6 - 7pm	Free
9th	Her Boxercise**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	6 - 6.45pm	Free*
9th	Running and athletics fitness for all abilities***	14+	Abington Academy , Wigston	6.30 - 7.30pm	Free
9th	Softball	12+	Guthlaxton college, Wigston	6.45 - 8pm	Free
9th	Her Tone**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	7 - 7.45pm	Free*
9th	Beautiful Body Exercise Trial - work on your body and mindset in this great taster session for women only	16+	White Tiger Gym, Dadby, LE2 5LQ	8 - 9pm	Free
10th	Ladies Badminton	All	Parklands Leisure Centre , Dadby	9 - 10am	Free
10th	Her Fitball**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	9.30 - 0.15am	Free*
10th	Ladies Badminton	All	Parklands Leisure Centre, Dadby	10am-12pm	£3.90
10th	Outdoor Fitter Mama's class - Versha Patel - 07939097067	All	Brocks Hill Country Park, Dadby	1 - 2pm	Free
10th	Her LBT**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	5.15 - 6pm	Free*
10th	Running and athletics fitness for all abilities***	7-13	Abington Academy , Wigston	5.45 - 6.45pm	Free
10th	Her Spin**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	6.15 - 7pm	Free *
10th	Back to Netball - Jennifer Williams - 07940173746	18+	Guthlaxton Sports Hall, Wigston	7-8pm	£3.50
11th	Her Kettlebells**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	9.30-10.15am	Free*
11th	Her Pilates**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	10.15 - 11am	Free*
11th	Ladies only Swimming	All	Dadby Swimming Pool	11.15am - 12pm	Free
11th	Her Boxercise**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	6 - 6.45pm	Free*
11th	Running and athletics fitness for all abilities***	7-13	Abington Academy , Wigston	6.30 - 7.30pm	Free
11th	Egyptian Belly Dance - Katerina - 07845 886694	All	St Thomas's church rooms, South Wigston	6.30 - 7.30pm	£6
11th	Ditch the Diet Free Seminar - learn to live without diets and get the body you deserve - Nicola - 07738679398	16+	Trinity Methodist Church, Dadby, LE2 4LA	7.45pm	Free
12th	Her LBT**	16+	HerGym [Ladies only gym] 14 Long Street Wigston	9.30-10.15am	Free*
12th	Boxercise - Contact 0116 223 1500	18+	University of Leicester Roger Bettles Sports Centre	5 - 6pm	Free
13th	Leicester Womens Velo Cycling Club - leicesterwomensvelo@gmail.com	18+	Sprint session starting in Wigston Wigston to Great Bowden route	8.45am start 8.30am start	Free
13th	Ladies Chance to Dance - Dance class for children and adults - Emma - 0116 2129912	All	Age UK Dadby and Wigston Paddock Street , Wigston	10-11am	£3 adult £1 child
13th	Zumba - Contact 0116 223 1500	18+	University of Leicester Roger Bettles Sports Centre	2 - 3pm	Free
14th	Pilates - Contact 0116 223 1500	18+	University of Leicester Roger Bettles Sports Centre	11am - 12 pm	Free

For more information on activities in Oadby & Wigston, contact:

T: 0116 2572672

E: active.together@oadby-wigston.gov.uk

W: www.lrsport.org/thisgirlcan



*New members can choose one free taster session of any of the HerGym classes advertised. Additional classes £5.

HerGym 0116 2887979. * Wayne Walker - 07977114143.



Rutland
County Council

Do this for you

RUTLAND >

DATE	ACTIVITY	AGE	LOCATION	TIME	£
8th	Metafit Class	16+	Uppingham School Sports Centre	9.30 - 10am	£3.50
8th	Rutland Rockets Netball	10 - 11	Catmose Sports Centre	4-5pm	£3.50
8th	Martial Arts	All Ages	Uppingham School Sports Centre	5.30 - 6pm	Free
8th	Body Balance	16+	Uppingham School Sports Centre	7-8pm	£5
8th	Climbing	16 - 25	The Rockblok, Whitwell	7-8pm	£15
8th	The Girl Can... Start Gentle Kettlercise	16+	Inspire2tri Studio Barn, Manton	TBC - please contact*	£5
9th	Ladies Who Launch	All Ages	Rutland Sailing School	10am - 12.30pm	£10
9th	Love to Dance	14+	Uppingham School Sports Centre	10.30 - 11.30am	£5
9th	Swim Fit	12+	Uppingham School Sports Centre	10:30 - 11:30am	£6 [14+] £4 [Under 14's]
9th	The Girl Can... Learn to Run	16+	Inspire2tri Studio Barn, Manton	6.30 - 7.30pm	£5
10th	Hatha Yoga	16+	Uppingham School Sports Centre	10.30am - 12pm	£8
10th	Keiser Spin	16+	Uppingham School Sports Centre	11 - 11.45am	£5
10th	Kickboxing and Kung Fu	All Ages	Kendrew Barracks	6-7pm	Free
10th	Rutland Athletic Club	8+	Oakham School Playing Field, Kilburn Road	6-7.30pm	£2
10th	Rutland Rouleur Ladies Group Ride	12+	Catmose College	6.30 - 8.30pm	Small Donation
10th	Climbing	16 - 25	The Rockblok, Whitwell	7 - 8pm	£15
10th	Metafit Class	16+	Uppingham School Sports Centre	9.30 - 10am	£3.50
11th	The Girl Can... Begin to Dance	16+	Inspire2tri Studio Barn, Manton	9.30 - 10.30am	£5
11th	Boot Camp Class	16+	Uppingham School Sports Centre	6.30 - 7.30pm	£5
12th	Kettlercise	16+	Uppingham School Sports Centre	9.30 - 10am	£5
12th	The Girl Can... Tone Up	16+	Inspire2tri Studio Barn, Manton	9.30 - 10.30am	£5
12th	Introduction to Fly Fishing	15+	The Lodge, Barnsdale	10am - 2pm	£70
12th	Ladies Who Launch	All Ages	Rutland Sailing School	10am - 12.30pm	£10
12th	Squash Night	All Ages	Uppingham School Sports Centre	6 - 7pm	£4
13th	Swim Fit	12+	Uppingham School Sports Centre	9.30 - 10.30am	£6 [14+] £4 [Under 14's]
13th	The Girl Can... Try Out Circuit Training	16+	Inspire2tri Studio Barn, Manton	9.30 - 10.30am	£5
13th	The Girl Can... Learn To Kayak	7-16 and 16+	Rutland Watersports, Whitwell	10am - 4pm [Hourly Sessions]	£20
13th	Body Pump	14+	Uppingham School Sports Centre	10.30 - 11.30am	£5
13th	Climbing	16 - 25	The Rockblok, Whitwell	10.30 - 11.30am	£15
13th	Rutland Rouleur Ladies Group Ride	12+	Catmose College	10.30am - 12.30pm	Small Donation
13th	Royce Rangers Girls Football	6 - 15	The New Showground	2.30 - 4pm	Free
14th	The Girl Can... Try Out Open Water Swimming	8+	Rutland Watersports, Whitwell	8.30am - 10.30am	£7.50
14th	Keiser Spin	14+	Uppingham School Sports Centre	9.30 - 10.15am	£5
14th	Body Balance	14+	Uppingham School Sports Centre	10 - 11am	£5
14th	Climbing	16 - 25	The Rockblok, Whitwell	10.30 - 11.30am	£15
14th	Kickboxing and Kung Fu	Kids	Oakham Scout Hall	5.30 - 6.30pm	Free
14th	Kickboxing and Kung Fu	Adults	Oakham Scout Hall	6.30 - 8pm	Free

For more information on activities in Rutland, contact

T: 01572 720936

E: activerecreation@rutland.gov.uk

W: www.lrsport.org/thisgirlcan





WORKING IN PARTNERSHIP WITH:



This physical activity guide has been produced by Leicester-Shire & Rutland Sport (LRS) to provide information about the activities available during This Girl Can Week. Whilst every effort has been made to verify activities, LRS can not be held responsible for the accuracy of the data and any rescheduled or cancelled events. Participants / Parents / Guardians are advised that it is their responsibility to check credentials and health and safety requirements for each activity. Children / Young People must be accompanied at all times by a parent / guardian unless informed otherwise by session instructor. To find out more please phone the contacts listed in the guide.



LEICESTER-SHIRE
& RUTLAND SPORT
www.lrsport.org.uk



Leicester-Shire & Rutland Sport
SportPark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF
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