

10 October is World
Mental Health Day



FREE MASS-PARTICIPATION EXERCISE CLASS

To celebrate the official re-opening of the Indoor Sports Centre:

90 mins of Aerobics, Zumba, and fun Body-Toning moves
Free glow sticks and prizes for best fancy dress!

10:30-12pm on 10 October 2018

Sports Hall, (3rd floor) Indoor Sports Centre,
Tyndall Avenue, BS8 1TP

We want to help raise awareness of mental health issues and believe that being active is a great way to combat stress.

FREE and open to everyone (no need for membership).
To reserve your place, please book via
www.bristol.ac.uk/sport/online

Join in for just 10 minutes or feel the burn and stay
for the whole 90 minutes, it's up to you!