



What's On at our centres

Monday 27th May - Sunday 2nd June

Blow away those winter blues and improve your Health & Wellbeing by getting out and about, joining a new group, or learning a new skill.

Please call us on 01604 583626 or E: office@duston-pc.gov.uk

For more info on any of the groups listed below

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|--------------------|---------------------|-----------------|--------------|--------------------------|--------------------|
| | Pilates | Favell Day Services | | | Dance Class | |
| | Fitness Class | Slimming World | Yoga | | Martial Arts | Pentecostal Church |
| | Weight-Watchers | Duston Art Group | Indoor Bowls | | Taekwondo | Weight-Watchers |
| | Not so Dusty | Happy Circle | Ballet Class | Boxing Class | Borough County Surgeries | |
| | Duston Camera Club | Pilates | | | | |
| | Local Health Walks | Local Health Walk | Slimming World | | | |
| | | Yoga | Pilates | | | |
| | Sugar & Spice | Youth Club jnrs | | | | |
| | | Youth Club snrs | Weight-Watchers | | | |
| | | Weight-Watchers | | | | |



DUSTON PARISH COUNCIL

