



GET STARTED



WITH HEALTH AND FITNESS

ARE YOU AGED 16-25 AND INTERESTED IN HEALTH AND FITNESS?

The Prince's Trust is offering a free Get Started with Health and Fitness Programme at Blackburn Leisure Centre.

All abilities are catered for, from beginners to experts.

On the course you will:

- Learn about training and nutrition, and design your own training session
- Learn how to be a successful instructor in various sports
- Meet new people and build your confidence
- Work with others to demonstrate and deliver a fitness session
- The course is free, and your travel expenses and lunch will be provided each day

Taster day: 9th November
Programme: 15th - 19th November
Location: Blackburn College

SIGN UP OR FIND OUT MORE

Email: andrew.mcnally@princes-trust.org.uk
Call or text: 07931614736



Prince's Trust