



re:fresh
your health and wellbeing

creative FOOTBALL



BLACKBURN YOUTHZONE

GREEN Gym



**FOOTBALL | CROSSFIT | OUTDOOR EXERCISE |
XPLORER TRAILS | TRY A BIKE | 80'S AEROBICS |
MINI MOVERS | FAMILY BIKE RIDE | ZUMBA |
HEALTH WALKS | DANCING | ORAL HEALTH |
WOOD CHOPPING | PLANTING | HEALTH CHECKS |
CLUBBERCISE | CLIMBING WALL | E-BIKES |
FAMILY GAMES & ACTIVITIES | ADAPTED BIKES |
INFLATABLE GAMES | DR. BIKE**



**FOR MORE INFORMATION,
CONTACT THE WELLBEING SERVICE ON:**



01254 682037