



THIS GIRL CAN WEEK

Monday 5th – Sunday 11th June 2017

RUTLAND

Rutland
County Council

DATE	ACTIVITY	TIME	VENUE	COST
Mon 5th	Get Into Golf Taster Session Contact: 01780 460330	2-3pm	Rutland County Golf Club, PE9 4AQ	£6 (includes coffee and cake in the clubhouse)
Mon 5th	Rutland Rockets Netball Club [Year 4-6] Contact: 07940 543290	4-5pm	Catmose Sports Centre, LE15 6RP	Free Taster
Mon 5th	Aerobic Conditioning	5.15-6.15pm	Inspire2tri Studio Barn, LE15 8SU	£6
Mon 5th	Ketlercise	6.30-7.30pm	Inspire2tri Studio Barn, LE15 8SU	£6
Tues 6th	Ladies Tennis Contact: 07971 457739	9.15-10.45am	Oakham School, LE15 6QT	Free Taster
Tues 6th	Boxercise*	10.30-11.30am	Uppingham School Sports Centre, LE15 9SE	£6
Tues 6th	Legs, Bums and Tums*	11.30am-12.30pm	Uppingham School Sports Centre, LE15 9SE	£6
Tues 6th	Zumba*	6.15-7.15pm	Uppingham School Sports Centre, LE15 9SE	£6
Tues 6th	Touch Rugby Rutland Contact: 07800 967927	6.30-7.30pm	Oakham School AstroTurf, LE15 6QL	£4 (14+ years) £3 (5 - 13 years)
Tues 6th	Express Boot Camp*	6.45-7.15pm	Uppingham School Sports Centre, LE15 9SE	£4
Tues 6th	Nordic Walk it! for fun, fitness and wellbeing Contact: 07949 392018	7-8pm	Uppingham Community College Car Park, LE15 9JT	£6
Tues 6th	Oakham Girls Rugby Training [11-17yrs] Contact: 07986 127869	7-8.15pm	Cutts Close Park, LE15 6QT	Free Taster
Weds 7th	Ladies Tennis Contact: 07971 457739	9.15-10.45am	Oakham School, LE15 6QT	Free Taster
Weds 7th	Body Pump*	9.30-10.30am	Uppingham School Sports Centre, LE15 9SE	£6
Weds 7th	Ketlercise	9.30-10.30am	Inspire2tri Studio Barn, LE15 8SU	£6
Weds 7th	Do Something Great Contact: 01780 460060	6-8pm	The Rockblok, LE15 8BL	£5 (one night only) £7.50 (two nights)
Weds 7th	Girls Tennis Contact: 07971 457739	6-7pm	Catmose Sports Centre, LE15 6RP	Free Taster
Weds 7th	Rutland Athletic Club Contact: 07564966478	6-7.30pm	Oakham School Playing Fields, LE15 6QL	Free Taster
Weds 7th	Ketlercise	6.30-7.30pm	Inspire2tri Studio Barn, LE15 8SU	£6
Thurs 8th	PureStretch	9.30-10.30am	Inspire2tri Studio Barn, LE15 8SU	£6
Thurs 8th	Do Something Great Contact: 01780 460060	6-8pm	The Rockblok, LE15 8BL	£5 (one night only) £7.50 (two nights)
Thurs 8th	Boot Camp*	6.30-7.30pm	Uppingham School Sports Centre, LE15 9SE	£6
Thurs 8th	PureStretch	6.30-7.30pm	Inspire2tri Studio Barn, LE15 8SU	£6
Thurs 8th	Zumba*	6.30-7.30pm	Uppingham School Sports Centre, LE15 9SE	£6
Thurs 8th	Legs, Bums and Tums*	7.30-8.30pm	Uppingham School Sports Centre, LE15 9SE	£6
Fri 9th	Aerobic Tone	9.30-10.30am	Inspire2tri Studio Barn, LE15 8SU	£6
Fri 9th	Get Into Golf Taster Session Contact: 01780 460330	2-3pm	Rutland County Golf Club, PE9 4AQ	£6 (includes coffee and cake in the clubhouse)
Sat 10th	Rutland Water Parkrun Contact: 07400 103301	9-11am	Rutland Water Reservoir, LE15 8HD	Free
Sat 10th	Body Pump*	9.30-10.30am	Uppingham School Sports Centre, LE15 9SE	£6
Sat 10th	Archery Have A Go Session Contact: 01780 450305	10am-12pm	Bowmen of Rutland Ground, LE15 7SN	£10
Sat 10th	Nordic Walk it! for fun, fitness and wellbeing Contact: 07949 392018	11am-12pm	Brooke Hill Wood Car Park, LE15 6HQ	£6
Sun 11th	Open Water Swimming Contact: 01572 244224	8-10.30am	Rutland Water Reservoir, LE15 8BL	£7.50
Sun 11th	Family Boot Camp*	9.30-10.30am	Uppingham School Sports Centre, LE15 9SE	£6
Sun 11th	Oakham Girls Rugby Training/Game [11-17yrs] Contact: 07986 127869	10.30-11.45am	Oakham Rugby Club, LE15 7TW	Free Taster

LEICESTER-SHIRE
& RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEINGActive
Rutland

For more information on activities in Rutland, contact:

t: 01572 720936

e: activerutland@rutland.gov.ukw: www.activerutland.org.uk and www.lrsport.org/thisgirlcan

* Receive 50% discount for you and a friend when both book onto any of the listed classes.

Uppingham School Sports Centre: 01572 820830

Inspire2Tri Studio Barn: 01572 244224