



nurturing independence

halow 'aerobathon'

Saturday 28th January 2012



A new year...time for a new challenge! How about taking part in an endurance event with a difference?! In partnership with Leatherhead Leisure Centre the **halow project** is holding a sponsored 'aerobathon'. Led by highly experienced aerobics teachers we can accommodate up to 200 people each hour. With great music and a fantastic environment it will be an exciting way of having fun and supporting **halow** too.

Join in for as many hours as you like; anything from one hour up to the full eight hours for the real hardcore fitness freaks!

Get some friends together and create a team, or just come on your own. Keep your gym kit simple, dress it up or come in fancy dress. The choice is yours.

Cost per person: Up to 2 hours: £6 per hour
Up to 4 hours: £4 per hour
4 hours or more: £3 per hour
Time: 9am–5pm

Venue: Leatherhead Leisure Centre, Guildford Road, Leatherhead, Surrey KT22 9BL
Tel: 01372 377 674 (www.leatherheadleisurecentre.com)

KEEP THE DATE!

March 8th 2012 – International Womens' Day



To celebrate this special day the **halow project** is holding an early evening event at the House of Fraser store in Guildford. Listen to our inspirational speaker Adelle Tracey, three times "Guildford Youth Sports Personality of the Year" (www.adelletracey.co.uk), try the latest perfumes and cosmetics, watch a fashion show, and enjoy a glass of wine and canapés – all for only £15; tickets would also make unique presents! The store will be closed to the public so as a participant at this event you will also be given an exclusive shopping opportunity.

For more details or to book a place at either of these events, contact
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www.halowproject.org.uk