

# Press Release

Communications PO Box 11, Chelmsford CM1 1LX

EssexWorks.

For a better quality of life

April 2010

## SHAPE UP FOR SUMMER WITH ADULT COMMUNITY LEARNING

It is never too soon to start thinking about the summer and Adult Community Learning Essex Shape up for summer courses aim to get you fit and ready for the coming season.

Running over six weeks the health and fitness courses are a fun look at ways to get into shape for summer. The courses are running on the following dates and are open to all ages:

Beginning Thursday 5 May 2011, Wilson Marriage Centre 13:00 till 14:30pm

Beginning Thursday 12 May 2011, Rochford Centre 09.45 till 11.15am

Beginning Friday 10 June 2011, Witham Centre 09.30am till 11.00am

Beginning Friday 10 June 2011, Ongar Centre 09.30 till 11.00am

For more information about Shape up for summer or any of the other courses offered by Adult Community Learning Essex call 0845 603 7635  
or visit: [www.essex.gov.uk/adultlearning](http://www.essex.gov.uk/adultlearning).

## ENDS

For more information contact Katie Canning, Communications: 01245 434 707.



Essex County Council