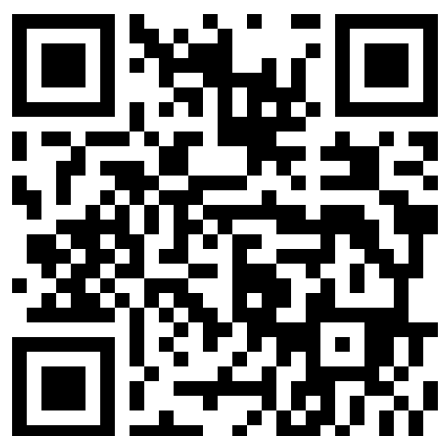
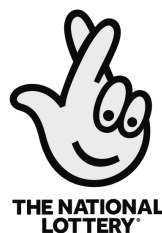


FREE EVENTS FOR JAN 26 - APR 26



*Book!
Now!*



**HARMONY
IN MOTION**
ATARAXIA FOR ALL

**EVERY FRIDAY
AND SUNDAY!**

*Fitness classes - all ages & abilities!
Circuits to include exercises using
bodyweight, light weights and resistance,
and cardio machines.*

2ND JANUARY

*'Bag Workout Taster' Striking Technique
with MMA Champion Becky Martin.*

**STARTS 17/01/26
EVERY SAT FOR 6 WEEKS**

*'Get Lifting' Course
Learn how to use free weights
safely & confidently*

**FIRST SUNDAY
OF EVERY MONTH**

Soundbath & breathwork

**LAST SUNDAY
OF EVERY MONTH**

*Canal Walk & Litter-pick
with FREE refreshments*

**FEBRUARY
DATE TBC**

Funked Up dance fitness

Canal walks - meet at the Chapel or at Britannia Bridge car park.
No booking required.

All other events **MUST** be booked in advance, and will take place at
Ebenezer School & Chapel, James Street, Ince, Wigan, WN3 4JY

www.ataraxia.org.uk | [@ataraxia4all](https://twitter.com/ataraxia4all) | ataraxia4all@outlook.com