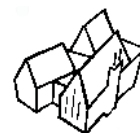




# Get Fighting Fit @ the Village Hall



Mepal Village Hall



**SUNDAY 11 July**  
**6pm - 8pm**

Self Defence with  
**Bujinkan Ninjutsu**

Google Masaaki Hatsumi and you will find a world-famous living ninja – and it is his teachings which are coming to Mepal. Ninjutsu covers self-defence, unarmed combat (strikes, grapples, throws and more), weapons (just about anything can be a weapon), stealth and a raft of skills practised by the modern warrior. Suitable for adults aged 15+.

**To find out more:** [www.elyninjas.co.uk](http://www.elyninjas.co.uk) with links to the rest of the Bujinkan schools.

**Under 15? Try NINJA KIDS:** This taster session will also include a special mini-syllabus of self protection, leaping, acrobatics, dodging and fun ninja-games for children aged 7 – 14 years old. Instructor is CRB checked.

**THURSDAY 22 July**  
**8.15pm - 9.15pm**

## jazzercise®

Jazzercise is a group fitness class combining cardio, strength, and stretch moves for a total body workout. Moves are drawn from hip-hop, yoga, Pilates, jazz dance, kickboxing, and resistance training and bundled into one action-packed hour.

Through the use of hand-held weights, resistance tubes and balls, you will get a total body workout while blasting fat and having fun!



**To find out more:** [www.jazzercisefitness.co.uk](http://www.jazzercisefitness.co.uk)

**THURSDAY 29 July**  
**from 8.15pm**

## LC Personal Training

Boxercise

Boxercise is essentially boxing fitness – an exhilarating combination of cardio and circuit training with all the elements you would expect in a boxing workout: skipping, punching, abdominal work, pulse raising and strength building exercises, and much much more. It's a great stress buster and since the format changes every week – you won't get bored!

**To find out more:**

[www.lcpersonaltraining.co.uk](http://www.lcpersonaltraining.co.uk)

For more information email [mepalvillagehall@gmail.com](mailto:mepalvillagehall@gmail.com), for the attention of SJ Holmes.