



ROTHERHAM UNITED
COMMUNITY TRUST

FITNESS

FOR ALL!

ACTIVITY SUITE | FLOOR 2

GOAL ZONE @ NEW YORK STADIUM

LOW INTENSITY FITNESS

Mondays 10am - 11am

£3

HIGH INTENSITY FITNESS

Mondays 5:30pm - 6:15pm

£3

MEN'S MENTAL HEALTH FITNESS

Fridays 1pm - 2pm

£1

For more info contact 01709 827767 or email health@rotherhamunited.net



www.ruct.co.uk



@RU_CT

BR@ADSWORD
supporting education in sport

