



# Movement at Idaraya Life C.I.C

All sessions are women only

Duration: 45 minutes.

Venue: 1 Meyrick Street, WN5 9AN

(Please book your place at <https://bookwhen.com/idaraya-movement>)

## Monday

9:30am – Zumba

12pm – 3pm – Personal Training Sessions (1:1 or 1:2)

5:30pm – Boxing

## Tuesday

9:30 – Swimming Lessons (Ashton Leisure Centre)

12pm – Weight Training

5:30pm – This Girl Can Classes

## Wednesday

No Gym

## Thursday

9:30 – This Girl Can Classes

6pm – Zumba (Online Class on Zoom)

## Friday

7am – Mixed Level Circuit Training

All sessions are funded and free to attend. Donations are welcome and help us continue to provide high quality support to local women.

Any Questions?

[www.idaraya-life.org](http://www.idaraya-life.org)  
[Hello@idaraya-life.org](mailto:Hello@idaraya-life.org)

07541526295



# Outdoors at Idaraya Life C.I.C

## October 2022

### Casual Cycling (Beginners Welcome)

Wednesdays, 12 and 26 October

10:30 – 11:30

Meeting Point: Car Park behind the building by the Engine Sculpture,  
Trencherfield Mill, Wallgate, Wigan WN3 4BF

### Walking/Hiking

Saturday, 15 October 2023

10-11am (9:45 arrival)

Meeting point: Car Park at Haigh Hall CarPark, Wigan WN2 1PE

### Kayaking

Saturday, 22 October 2023

14:30 – 16:30

Meeting point:

Scotsman Flash Rushdene, Wigan WN3 5HJ

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# Socials at Idaraya Life C.I.C

## October 2022

### Family Social (Half Term)

Tuesday, 25 October 2022

1pm - 4pm

Beacon Ln, Up Holland, Skelmersdale, Wigan WN8 7RU

### Adult Skate Night (Half Term)

Wednesday, 26 October 2022

7-9pm

Unit 2, Eckersley Mill, Swan Meadow Rd, Wigan WN3 5BD

### Swimming Party

**(For Women and Girls aged 14 years and above)**

Sunday, 30 October 2022

3pm - 4pm

Old Rd, Ashton-in-Makerfield, Wigan WN4 9TP

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# Wellbeing at Idaraya Life C.I.C October 2022

## Healthy Native Cooks

### Autumn Soup Kitchen

Thursday, 20 October 2022

12:30 - 3pm

Bramble House, 8 Broom Rd, Wigan WN5 9QE

## Idaraya Growers Club

(No Booking Required)

Sunday, 23 October 2022

2 – 4pm

Alexandra Park, Bowling green, Newtown, Wigan WN5 9BZ

## Craft, Chat and Cake (Half Term)

Thursday, 27 October 2022

1 - 4pm

1 Meyrick Street, WN5 9AN

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