

CAFÉ PSYCHOLOGIQUE

Conversations in the art of life...
talk, listen and share

Tuesday 30 Sept. 8 pm

FITTER FASTER:

How High Intensity Training (HIT) can
break the time barrier to exercise

Dr Carrie Ferguson

Lecturer in Exercise Physiology, University of Leeds

Hosted by Chris Powell, Group Analyst

SEVEN ARTS, CHAPEL ALLERTON, LS7 3PD
THE LAST TUESDAY EVERY MONTH AT 8PM
£3 ON THE DOOR

**MORE INFORMATION: CAFE@SPARK.UK.NET
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