

COFFEE MORNINGS

**EVERY FRIDAY, 10AM
AT BLACKSHOTS CAFÉ**

Come along and start your weekend off right with good company and a warm drink. It's the perfect opportunity to relax, socialise, and meet fellow members of the Impulse Leisure Gym community, or old friends.

We also host regular events that encompass community safety presentations by authorities such as the police and fire brigade, with lots more to come!

**WE LOOK FORWARD TO
SEEING YOU THERE!**

impulseleisure.co.uk

Charity number: Thurrock Community Leisure 1080186



Impulse
LEISURE