



**THE WELLBEING &
REHABILITATION COMPANY**

STRETCH. SHARE. SUSHI.

*The Perfect Thursday
Morning This Summer*

**Yoga. Sushi. Bubble Tea.
Everything planned for you.**

**Join us every Thursday this summer
for Parent & Child Yoga, followed by
an exclusive family lunch offer at
Zumuku Sushi.**

**Starts Thursday 23 July 2026, 11am - 12pm
Children aged 4+
Suitable for beginners**

**In partnership with
Zumuku Sushi**



MOVE TOGETHER
A fun yoga session
suitable for parents
and children.



QUALITY TIME
Create memories and
enjoy time away from
screens.



EXCLUSIVE TREAT
Enjoy a special sushi
and bubble tea offer at
Zumuku Sushi.



**MAKE THURSDAYS
SPECIAL**
A different way to spend
the summer holidays.

*Here to help you
do more of what you love*



BOOK TODAY

**Only 8 families each
Thursday - book early to
avoid disappointment.
Scan QR code to book.**

SUMMER THURSDAYS AT WRC

Join us for a relaxed morning designed to help families stay active, spend quality time together and enjoy something a little different during the summer holidays.

**20% OFF
YOUR FULL BILL
AT ZUMUKU
SUSHI***

WHAT'S INCLUDED?

- ✓ 60-minute Parent & Child Yoga session
- ✓ 20% off your full bill at Zumuku Sushi (including drinks)*
- ✓ One complimentary Popping Boba drink

**Food and drinks purchased separately. Exclusive offer available to Summer Thursday Club families only.*



EVERY THURSDAY
11:00AM - 12:00PM



THE WELLBEING &
REHABILITATION
COMPANY
West Didsbury



FOLLOWED BY LUNCH AT
Lapwing Lane, West Didsbury

DROP IN

£15

PARENT & CHILD

£5 per
additional child

6 WEEK SUMMER PASS

£75

(£12.50 per class)

EARLY BIRD

6 WEEK SUMMER PASS

£69

(£11.50 per class)

WHY FAMILIES LOVE IT



Spend quality
time together



Keep children
active over
the holidays



Meet other
local families



Enjoy a healthy
family lunch
afterwards

BOOK TODAY

Only 8 family spaces available each week.
Reserve yours before they're gone.
Book online, scan the QR code or speak to our team today.

