

CIRCUIT TRAINING

SATURDAYS 9AM

HELD AT THE MEMORIAL HALL
SUITABLE FOR MEN AND WOMEN
ALL FITNESS ABILITIES WELCOME
AGE 15+
START YOUR WEEKEND RIGHT!



2 NEW CLASSES RUNNING FROM NOV UP TO CHRISTMAS TO BOOK
CALL 07503169081 OR EMAIL NATALIEPIDGLEY@GOOGLEMAIL.COM

LADIES

BODY-CONDITIONING

CLASSES

MONDAYS 7:30PM
THE OLD SCHOOL

FRIENDLY NEW GROUP
EXERCISE CLASSES
BUILD STRENGTH,
CONFIDENCE AND A HAPPY
MIND AND BODY

