

Fit4Life

A new and exciting aerobics class that invites you to come along for fitness and fun.

	Time	Price
Monday	1.00 – 1.45 pm	£3.50
Tuesday	6.00 – 7.00 pm	£4.00
Friday	10 – 11 am	£4.00

Fit4Life is a high intensity aerobics based class that is designed to be energetic and fun. It is primarily Cardio based but also a very good class for toning as it uses shaping and toning exercises such as ab exercises, squats and lunges.

For more information or to book a place please contact Stephanie Cook.

stephie.cook@hotmail.co.uk

07850119148 or 01761221759