

FWF

New March

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Fitness Class Block

**Tuesday's 5pm - 6pm
First Class = 30th of March
Meet @ Lismore Hall**

Cost is dependant on numbers attending but will not exceed £45.00 ** for the 10 week block!

This class is designed for ALL ABILITIES, and specifically, for those looking for a varied workout.

Your instructor will take you through a series of exercises commencing with a warm-up. Your instructor will ensure that you receive a challenging and motivational workout. Please note that due to the lambing season a pay as you go price of £5.00 per class is in place!

TEL: 07727 114 528 for further info - or

Visit

WWW.FACEWESTFITNESS.COM