

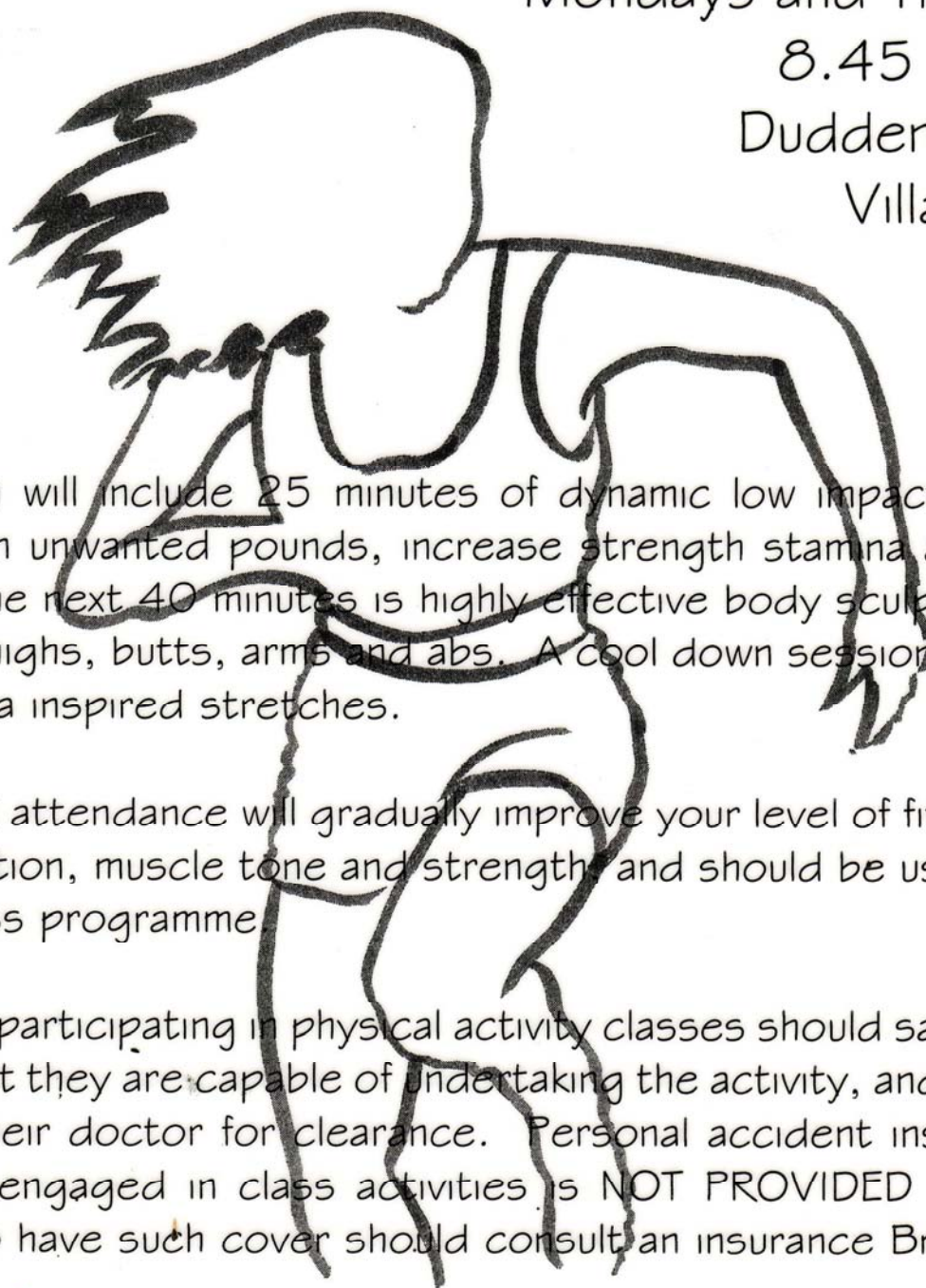
ENERGIZING TOTAL WORKOUT

Mondays and Thursdays

8.45 - 10am.

Duddenhoe End

Village Hall.



A session will include 25 minutes of dynamic low impact aerobics, which burn unwanted pounds, increase strength stamina and energy levels. The next 40 minutes is highly effective body sculpting, which targets thighs, butts, arms and abs. A cool down session concludes using yoga inspired stretches.

Sustained attendance will gradually improve your level of fitness, your co-ordination, muscle tone and strength and should be used as part of a fitness programme

Students participating in physical activity classes should satisfy themselves that they are capable of undertaking the activity, and if in doubt consult their doctor for clearance. Personal accident insurance for students engaged in class activities is NOT PROVIDED - students wishing to have such cover should consult an insurance Broker.

for further information
please contact Fiona on
01763-838744