

CIRCUIT TRAINING CLASSES

FIRST SESSION IS **FREE!**



NO MEMBERSHIP
FEES

FRIENDLY
ATMOSPHERE

ALL AGES
WELCOME



ESTABLISHED OVER 40 YEARS
QUALIFIED TRAINER
FULLY INSURED

WORK AT YOUR
OWN PACE

BEGINNERS
WELCOME

AIR CONDITIONED
& EQUIPPED GYM

COME JOIN US, HAVE FUN & GET FIT!

EVERY TUESDAY AT THE JO RICHARDSON COMMUNITY SCHOOL
7:00 UNTIL 9:00 - £5 PER CLASS

FOR FURTHER DETAILS CONTACT US ON 01702 711 755