

PARENTS!!
YOUR FREE EXERCISE CLASSES
START SOON!!!



GET FIT
while you have
FUN!



As well as the children, clubs are starting for you too!!!
From Monday 16th September we are running classes...

MONDAY AEROBICS and
THURSDAY YOGA

Places will be allocated on a first come, first served basis.

The classes are **free**, if you would like to bring your child(ren) with you, they can go to FIVE:30 club, which is £3 for the hour.
(Unfortunately this is not available for nursery children)

BRING YOUR FRIENDS TOO!!!
Friends can come along too, for just £3 a
session!!!

Thank you, Miss Martin