

FREE* FITNESS CLASS

*Just a £2 contribution per person per class, to help cover ongoing costs



Every Tuesday at 1800 in the Reading Room, Little Barrington

- 45-minute circuits class (move around the room doing different exercises)
 - Designed for all ages and abilities
 - Small group
- Excellent instructor - individual attention and help at hand

FUNDING GENERSOULY PROVIDED BY:



For further details, contact Alex Pierre-Traves on apt773@yahoo.com

or just join us any Tuesday!