

Move the nation >

#fitnessday

Wednesday 7 September



FREE KETTLEBELL & PILATES TASTER SESSIONS

Kettlebells 17.00-17.15 intro. & technique, 17.15 - 17.30 taster session

Pilates 17.15-17.30 intro. & technique, 17.30 - 17.45 taster session

Kettlebells 17.30-17.45 intro. & technique, 17.45 - 18.00 taster session

Pilates 17.45-18.00 intro. & technique, 18.00 - 18.15 taster session

COME ALONG FOR ONE OF THE SESSIONS OR DROP IN AT ANY POINT FOR INFORMATION

Contact Helen on 07857167635 or Ashley on 07557908486 for more info.

FITNESS
WITH **HELEN**

♀♂ megafit