



ABOUT OUR CLASSES

Fun and friendly Hiit and Tone fitness classes.

All over body workout, suitable for all abilities.

Little ones welcome to join you (Thurs/Fri sessions only).

Please bring water and if you have one, a workout mat.

£6 per session, or £20 block of four

Your First Session FREE



GET FIT



FEEL GOOD



BE STRONG

JOIN OUR FIT CLUB!

**STOWUPLAND 6TH FORM CENTRE
WEDNESDAY 6.30PM**

**CROWFIELD VILLAGE HALL
THURSDAYS 9.20AM**

**CODDENHAM COMMUNITY HALL,
FRIDAYS 9.30 AM**



FOR MORE INFORMATION

Contact Nina on: 07765866371
email: trainwithnina@outlook.com

BOOK NOW