

New 2010 Class

Legs, Bums & Tums

Tuesdays 6.15 - 7.00pm

The John Godber Centre, Hucknall

Get conditioned and burn calories with a low impact workout mix of floor and standing exercises to help shape and tone legs, bums and tums to motivating chart music!

Starts 26th January, £ 3 per session
Bring a mat if you have one and a water bottle

Wear comfy loose clothing (t-shirt, jogging bottoms / shorts) and trainers.

Places are limited, so to register your interest or for further details, please email Giles on gilfmm@hotmail.com or Tel / Text 07813 394458

Special deal – attend the Yoga class (7-8pm) and the Legs Bums and Tums class on the same evening and pay £5 for both classes