



FITNESS WORKSHOPS

Not sure which exercise class you might enjoy? Then why not....

TRY BEFORE YOU BUY!

Saturday 15th November

10.00am – 12.00pm

Come along to any or all of the sessions below for just £1.00

10.00-10.15	Gentle Exercise
10.15-10.30	Line Dancing
10.30-10.45	Aerobics
10.45-11.00	Step and Tone
11.00-11.15	Circuit Training
11.15-11.30	Bums & Tums
11.30-11.45	Yoga

Tea and Coffee

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Yorebridge Sport & Fitness (YSF) is the corporate brand and is managed by Yorebridge Sports Development Association Ltd Company No. 5493687 England
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