



WEIGH & WORKOUT

WWW.FITWEIGH.WIXSITE.COM/CLASSES

Looking for a local, fun and friendly exercise class?

Want to improve your fitness & maybe lose a few inches ?

'Weigh AND Workout all in one class at FITWEIGH CLASSES'

Exercise to music & optional weigh in

Suitable for all ages & levels of fitness

Varied aerobics, toning, flexibility & stretch



Monday - Langley Primary School B92 7DJ

6pm & 7.30pm

Tuesday - Landrover Sports & Social club B92 9LN

5pm & 6.30pm

Wednesday - Hall Green Community Church B28 8TE

9.30am

Call Sandra

07773095705

fitweighclasses@gmail.com

