

GENTLE EXERCISE CLASS (7 GBP)



Location **London, London**
<https://www.freeadsz.co.uk/x-556378-z>



WOULD YOU LIKE TO BEGIN OR GET BACK TO EXERCISE AFTER A BREAK OR ARE YOU JUST FEELING UNFIT AND YOU DON'T WANT A FAST PACED, HIGH ENERGY CLASS, THEN THIS IS THE CLASS FOR YOU.

THE EXERCISES ARE DESIGNED TO STRENGTHEN/TONE/STRETCH/IMPROVE POSTURE/COORDINATION/BALANCE/STAMINA AND OVERALL FITNESS.

THERE ARE SOME FLOOR WORK EXERCISES SO PLEASE BRING A MAT OR TOWEL, THESE EXERCISES CAN BE DONE SEATED IF GOING ONTO THE FLOOR ISN'T EASY FOR YOU.

THE CLASS IS SUITABLE FOR ALL AGES AND ABILITIES.

TUESDAY 10-11am

THE CORNERSTONE CENTRE, CAMPHILL ROAD, WEST BYFLEET, KT14 6EH.

CALL 07860 610040 07860 6100...(click to reveal full phone number) FOR MORE DETAILS, NO NEED TO BOOK, PLEASE JUST COME.



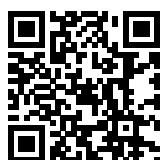
GENTLE EXERCISE CLASS

<https://www.freeadsz.co.uk/x-556378-z>



GENTLE EXERCISE CLASS

<https://www.freeadsz.co.uk/x-556378-z>



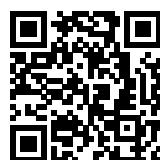
GENTLE EXERCISE CLASS

<https://www.freeadsz.co.uk/x-556378-z>



GENTLE EXERCISE CLASS

<https://www.freeadsz.co.uk/x-556378-z>



GENTLE EXERCISE CLASS

<https://www.freeadsz.co.uk/x-556378-z>



GENTLE EXERCISE CLASS

<https://www.freeadsz.co.uk/x-556378-z>



GENTLE EXERCISE CLASS

<https://www.freeadsz.co.uk/x-556378-z>



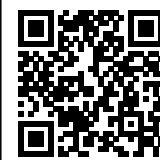
GENTLE EXERCISE CLASS

<https://www.freeadsz.co.uk/x-556378-z>



GENTLE EXERCISE CLASS

<https://www.freeadsz.co.uk/x-556378-z>



GENTLE EXERCISE CLASS

<https://www.freeadsz.co.uk/x-556378-z>