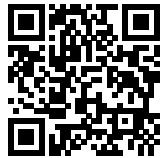


Fun and Friendly Fitness Group Exercise Classes in Norwich



Location

East of England, Norfolk

<https://www.freeadsz.co.uk/x-233056-z>


If you'd like some help with achieving your fitness goals in 2016 then please get in touch or come along to one of my classes listed below. Classes start on Monday 4th of January and whatever your health and fitness needs there is something for you. Zumba(R) Fitness classes in a fun and friendly environment, suitable for all fitness levels, a great cardio workout aiding fat loss and improving health. Piloxing classes for an intense Cardio (boxing and dance) and toning session for the whole body, especially focusing on core/ab and bums (Pilates) Also suitable for most fitness levels. Pilates classes/ small groups/ one to one sessions for those of you that want to improve core and full body strength, back health, tone and flexibility of the whole body. Pilates breathing and concentration can also aid stress relief and relaxation. Nutrition and Weight management advice on a one to one or in a small group session if you want to lose weight and/or improve your overall health and help with how to gain a healthy balanced diet for life. My classes are listed below and if you would like more information on these or my one to one or small group sessions then please feel free to get in touch on the phone or via email. Zumba(R) Fitness classes - Tuesdays 6-7pm at Hellesdon Community Centre, Wednesdays 9.30-10.30am at The Costessey Centre, Fridays 6.35-7.35pm at Carrefour Health Club (non members welcome) All £5.00 a class. Pilates - Monday 7.30-8.30pm at Sprowston Junior School, Wednesday 6.30-7.30pm at Hellesdon Community Centre (Bring your own mat if you have one, if not I will provide) £6.00 a class (block booking options also available) Piloxing - Wednesday 7.40-8.40pm at Hellesdon Community Centre £5.00 a class No need to book any of these classes, however one to one and small group sessions are limited so get in touch if you'd like more information or to book. Best wishes for 2016 :) Laura ;

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