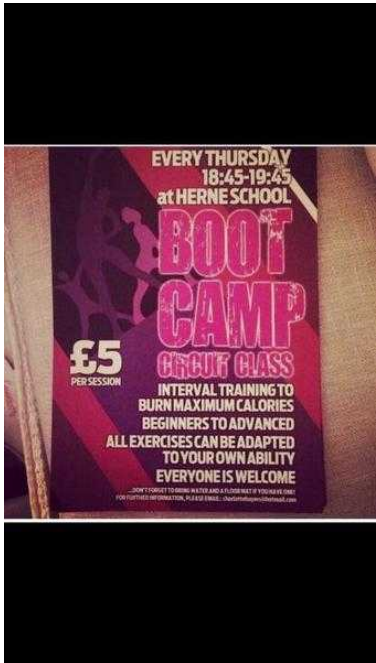












Bootcamp Circuit Class



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-328456-z>



An hour long full body circuit class with a fantastic, bubbly, fun and motivating team. I focus on promoting functional exercises that help people with everyday life activities such as resistance and cardiovascular training to achieve maximum results. It is for beginners to advanced and any exercise can be adapted for your level of fitness. Let me help you achieve your goals and help you gain confidence with exercise. It is at Herne Junior School on Thursdays 6.45-7.45. Please do contact for more.

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