


Fitness League (4 GBP)

Looking for an **ACTIVE 50+** exercise class ?

Fitness League classes offer a low impact fusion of dance, exercise and core strengthening, choreographed to music and guaranteed to put a smile on your face.

- strengthen muscles
- raise energy levels
- improve balance
- mobilise joints



Monday 10am Creekmoor Community Centre
Friday 11am Broadstone Methodist Church
Contact Michelle 07766 275803

LEVEL 2

fitness league

Location

South West, Dorset

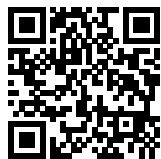
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Low Impact dance exercise classes. based on good core and posture. Mobilise your joints, strengthen and stretch your body through exercises, work your heart and lungs and have fun in a relaxed and friendly class. Monday 10am Creekmoor Community Centre, Wednesday 9.30am plantation rd, Poole (limited spaces) and Friday 11am Broadstone Methodist Church Hall, Broadstone.;



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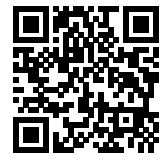
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