

# 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 275202

LEVEL 3

Location

**South West, Dorset**<https://www.freeadsz.co.uk/x-356396-z>

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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