

Camilla Fit Club (3 GBP)



Location **South West, Devon**
<https://www.freeadsz.co.uk/x-372437-z>



My names Camilla, I run a fit club of Circuit based exercise classes in Exeter. Circuit training is a great total body workout involving various types of bodyweight, cardio and weight based exercises. Each exercise is explained and shown to you, for you to complete at your own pace and ability within a specific time frame. Every class is of mixed age and ability and anyone over the age of 16 is welcome to attend, it is a great way to meet people and get into shape in a fun outdoor environment. Each class is £3.00, you do not need to book just bring yourself, a bottle of water and some comfortable trainers and clothes you can move in. A lot of the classes are outside over the summer, It is not a fair weather only fit club so come rain or shine we will be there, for up to date times please follow my Facebook page: Camilla's Fit Club. FIT CLUB TIMETABLE Meeting point in Heavitree Park is at the Basketball courts Monday: 9:15-10:15 am Heavitree Park (Circuits) 6:00-7:00 pm Heavitree Park (Circuits) Tuesday: 6:00-6:30pm Heavitree park (High Intensity Interval Training) 7:00-8:00 pm St Katherines Priory (Circuits) Wednesday: 9:15-10:15 am Heavitree Park (Circuits) 5:45-6:45 pm Pinhoe Road Baptist Church (Low Impact Circuits) Friday: 9:15-10:15 am Heavitree Park (Circuits) ;



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