50 Freestyle Fitness Yoga - Wednesday 10 am Stonehouse Community Centre







FROM 11th JANUARY 2017.

Stonehouse Community Centre - Wednesday 10-11 am

This is a more gentle class for beginners and older adults.

FFY is a fitness program that incorporates stretch, strength & Yoga postures. Every element of FFY is validated from a fitness perspective. Any one taking part in a FFY class can expect to improve their strength and flexibility, seeing the benefits within 8 weeks.

Prices:

£8 Pay as you go £40 for 6 session card (use within 2 months) £72 for 12 session card (use within 3 months) £6 per week (1/2 term block paid in advance) * (Guaranteed)

	별	زك		ij	ᄖ	
	1	3		Ē	Ŀĭį	
	翟	î	×	H	7	
	Ŀ	4	X."	Fi	¥	
73-z	http	Се	Sto	Ve	50 I	
Ν	https://www.f	Centre	Stonehouse	Wednesday	Ţ	
	§		sno	sda	Freest	









|--|





73-7	https://www.freeadsz.co.uk/;	Centre	Stonehouse	Wednesday	50 Freestyle Fitness	
	adsz.co.uk/		Commun	10	Fitness Y	

5	}-z
O Freestyle Fitness Year	
T Topos	
Y	
ı	

z.co.uk/x-4836



	Į,		E	*
https://www.freeads:	Centre	Stonehouse	Wednesday	50 Freestyle F
SS		O		#

50 Free	https://ww 73-z
50 Freestyle Fitness Yoga	https://www.freeadsz.co.uk/x-4836 73-z
s Yoga .	.uk/x-4836

50 Wed Ston	Ston Cent https 73-z

	Ľ	C	ij	F
https://www.freeadsz.co.uk/x-4/73-z	Centre	Stonehouse	Wednesday	of Hegatyle Hilless Togo
adsz.co.uk/x-4		Community	10	111111111111111111111111111111111111111

sz.co.uk/x-4836

50 Freestyle Wednesday Stonehouse	1



ttps://www.freeadsz.co.uk/x-4836