

50 Freestyle Fitness Yoga - Wednesday 10 am Stonehouse Community Centre



Location **South West, Gloucestershire**
<https://www.freeadsz.co.uk/x-483673-z>

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.

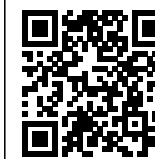
Prices:

£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)



50 Freestyle Fitness Yoga -
 Wednesday 10 am
 Stonehouse Community
 Centre
<https://www.freeadsz.co.uk/x-483673-z>



50 Freestyle Fitness Yoga -
 Wednesday 10 am
 Stonehouse Community
 Centre
<https://www.freeadsz.co.uk/x-483673-z>



50 Freestyle Fitness Yoga -
 Wednesday 10 am
 Stonehouse Community
 Centre
<https://www.freeadsz.co.uk/x-483673-z>



50 Freestyle Fitness Yoga -
 Wednesday 10 am
 Stonehouse Community
 Centre
<https://www.freeadsz.co.uk/x-483673-z>



50 Freestyle Fitness Yoga -
 Wednesday 10 am
 Stonehouse Community
 Centre
<https://www.freeadsz.co.uk/x-483673-z>



50 Freestyle Fitness Yoga -
 Wednesday 10 am
 Stonehouse Community
 Centre
<https://www.freeadsz.co.uk/x-483673-z>



50 Freestyle Fitness Yoga -
 Wednesday 10 am
 Stonehouse Community
 Centre
<https://www.freeadsz.co.uk/x-483673-z>



50 Freestyle Fitness Yoga -
 Wednesday 10 am
 Stonehouse Community
 Centre
<https://www.freeadsz.co.uk/x-483673-z>



50 Freestyle Fitness Yoga -
 Wednesday 10 am
 Stonehouse Community
 Centre
<https://www.freeadsz.co.uk/x-483673-z>



50 Freestyle Fitness Yoga -
 Wednesday 10 am
 Stonehouse Community
 Centre
<https://www.freeadsz.co.uk/x-483673-z>