

# Fitness Classes in Fife (4 GBP)



## Get Fit - with Trace

Metafit & Circuit Training in Fife

- Is your new year resolution to be fitter and healthier?
- Is the gym environment not for you due to being overcrowded, intimidating or a financial risk factor?
- would you prefer to join a smaller class setting with familiar faces each week and like-minded individuals with similar objectives?
- are you looking to build confidence and get results working at your own fitness level?

If your answer is 'yes' to any of these questions then join us now. No ties, no pressure! Just a bunch of friendly people, doing something positive for themselves 😊



If you require any further info contact me on 07900193846 or join my facebook page 'Get Fit - with Trace'

### Class Timetable 2017

Monday's at Mitchell Hall  
Kinglassie  
745-815pm - Metafit - £3.50  
\*\*new class - launches 30th Jan\*\*  
(First session free)

Tuesday's at Abbotshall  
Church hall Kdy  
640-730pm - Circuit  
Training - Total Body Blast -  
£4  
(using equipment)

Thursday's at Templehall  
Comm Kdy  
815-845pm - Metafit - £3.50

**START NOW!**

Location

Scotland, Fife

<https://www.freeadsz.co.uk/x-489756-z>

Adults of all fitness levels and mature 13+ years welcome Metafit on Monday's 745-815pm at Kinglassie Mitchell hall and Thus evenings 815-845pm at Templehall comm hall Kirkcaldy - £3.50 Circuit Training Body Blast on Tues evenings 640-730pm at Abbotshalls church hall Kirkcaldy - &pound



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