

GENTLE EXERCISE CLASS (7 GBP)



Location **London, London**
<https://www.freeadsz.co.uk/x-556378-z>



WOULD YOU LIKE TO BEGIN OR GET BACK TO EXERCISE AFTER A BREAK OR ARE YOU JUST FEELING UNFIT AND YOU DON'T WANT A FAST PACED, HIGH ENERGY CLASS, THEN THIS IS THE CLASS FOR YOU.

THE EXERCISES ARE DESIGNED TO STRENGTHEN/TONE/STRETCH/IMPROVE POSTURE/COORDINATION/BALANCE/STAMINA AND OVERALL FITNESS.

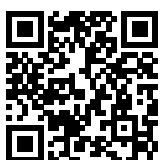
THERE ARE SOME FLOOR WORK EXERCISES SO PLEASE BRING A MAT OR TOWEL, THESE EXERCISES CAN BE DONE SEATED IF GOING ONTO THE FLOOR ISN'T EASY FOR YOU.

THE CLASS IS SUITABLE FOR ALL AGES AND ABILITIES.

TUESDAY 10-11am

THE CORNERSTONE CENTRE, CAMPHILL ROAD, WEST BYFLEET, KT14 6EH.

CALL 07860 610040 07860 6100...(click to reveal full phone number) FOR MORE DETAILS, NO NEED TO BOOK, PLEASE JUST COME.



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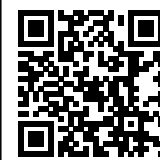
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