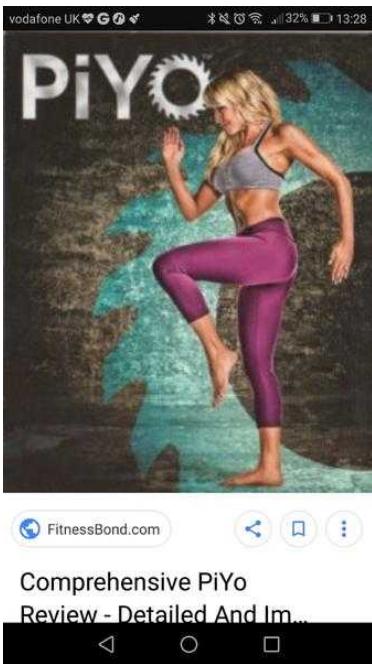


Military style circuits (4 GBP)



Comprehensive PiYo
Review - Detailed And Im...

Location

South West, Avon

<https://www.freeadsz.co.uk/x-569982-z>



Military style circuits class starting 15th Feb at 6-30. 7-30 at Emerson Green Village Hall. All equipment provided, at least 10 stations for muscle isolation work, arms, core, legs, bum, cardio.

This is suitable for all ages and abilities, 16 years and older, male & female.

please bring trainers, plenty of water and be prepared to work.

£4.00 per class. Please contact caroline on 07946201923 079462019... (click to reveal full phone number) to reserve your place

PIYO?, everyone is asking what is it?

Its yoga and Pilates mixed, to a variety of music.

Routine of stretching and flexing, strengthening and agility, core stability, good for lower back pain, burn calories, tone, Plyo is a fabulous work out.

Emerson Green Primary School 8pm-9pm £4 per class yoga mat & water required. Contact caroline on 07946201923 079462019... (click to reveal full phone)

Military style circuits
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