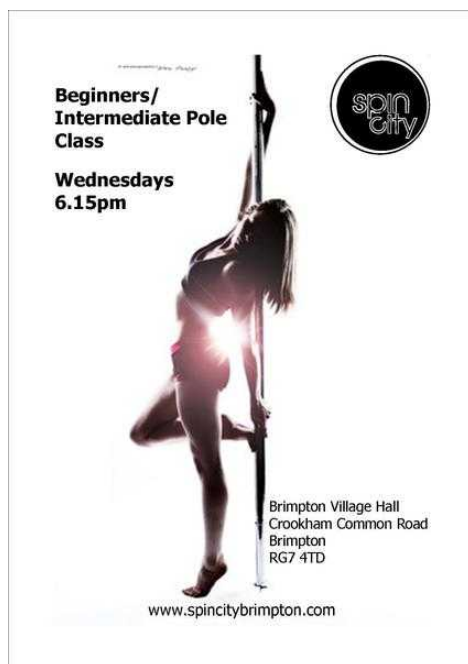


POLE FITNESS CLASSES BRIMPTON (10 GBP)



Location

South East, Berkshire

<https://www.freeadsz.co.uk/x-586244-z>

Spring is the time for new beginnings - why not try a new way to get stronger, fitter and more toned in a fun way? Pole fitness is a great way to have fun, meet new people and have a full body workout without realising it!

I teach a beginner/ intermediate pole fitness class at Brimpton Village Hall on a Wednesday evening at 6.15pm. Perfect for those who have never tried it but want to in a relaxed, friendly atmosphere - as well as those that have poled before but have maybe had a break and want to come back to it without any pressure.

I am fully insured and certified to teach, and also teach privates and group sessions during the day and at weekends.

Get in touch for more info and to start (or continue) your pole journey!



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