

# Circuit Training - Tuesday 6pm St.Joseph039s Church Hall (5 GBP)



Location **South West, Gloucestershire**  
<https://www.freeadsz.co.uk/x-589157-z>



This is a 40 minute workout.

Starting with a warm up we then do 4 sets of 6 exercises. The exact format and exercises change every week

If you are unable to do any of the exercises then alternatives can be given and the small class sizes mean that this is suitable for less fit or beginner.

We are able to take up to 12 people in the class.

Classes cost £5 per week with a reduction for anyone attending a Pilates or Equilibrium course.

Please see website to book a space and/or confirm classes are running. [www.stonehousefitness.co](http://www.stonehousefitness.co)



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