

“Community-based”
circuit class

held in Rotherfield

at the Memorial Institute – North Street

Thursdays 9.10 – 10.10am

(Term time only)

The great class with NO membership and No booking fees. The classes are purely drop in and **PAY AS YOU GO.**

A fun and fast paced class that increases your strength and aerobic fitness and burns lots of calories.

Classes are £5 per session

You will need bring your own mat (for relaxation and stretches) and a drink.

Wear comfortable clothing and trainers.

Contact Audrey 01892 852 323

Or 07905 717 204

