



CLUB *ACTIVE*

RETURNING TO EXERCISE | GENTLE CLASSES | 50+

MAY

TUESDAYS

7th - TRX circuit

14th - L.B.T.

21st - Total Body Workout

28th - Circuits

THURSDAYS

2nd - Band Workout

9th - Fitness Pilates

16th - Abs and Arms

23rd - Mini Ball Workout

30th - Freestyle Fitness Yoga

BOOK AT RECEPTION TODAY

