

Starting Friday 17th January 2014



'LADYFIT'

With Kay B

Gentle aerobic and body toning for *all* ages and fitness levels.

Designed to promote greater **VITALITY** and improve:

Circulation * Flexibility * Strength * Shape* Balance

Crossens Community Centre

Every Friday 10.45 – 11.45

£4.00 per class



More information contact Kay
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