

FOXTON VILLAGE HALL

HI - LO WITH
THIGHS, TUM & BUMS
THURSDAYS
(Starting 12 JAN 2006)
7.45PM - 8.45PM

PILATES FITNESS CLASSES
SATURDAYS
4.00PM - 5.00PM

Sign up as a regular at £20 for 5 classes OR
Walk in at £5.50 per session

(Qualifications: YMCA Exercise to Music, YMCA Aqua,
Pilates Institute of London, Synergy)

Please bring a mat or towel to lie on and water to drink.
Come along! For more info or to book your place contact
George 07981 975112 or 07963 069639 SEE YOU SOON !