NEVER TRIED AEROBICS BEFORE?

WANT TO TRY A CLASS?

DON'T KNOW WHAT TO EXPECT?

Back to basics

BOOK NOW!

-ADJUSTABLE INTENSITY TO SUIT ALL LEVELS-

-EASY TO FOLLOW AEROBIC ROUTINES-

-IDEAL FOR PEOPLE WHO ARE COMPLETELY NEW TO GROUP EXERCISE-

-A GREAT TONING AND CONDITIONING CLASS FOR THOSE WITH A LITTLE MORE CLASS EXPERIENCE TOO-

Fridays 6pm-7pm