

FREE Women Only Exercise Course



Starting on **Monday 29th September**

1:30-2:30pm

at Verdon Recreation Centre

on Verdon Street, S3 9QS

For 8 Weeks Only

Meet Somshun at Sorby House 1pm Monday 29th
— walk up to Verdon street together

Limited Places Available

Please Text or Email Somshun Nessa to confirm
Place

Mobile – 07960084119

Email:

somshun.nessa@soarcommunity.org.uk

Classes will be varied every week and will be covering all types of fitness such as STEP, AEROBICS, TONING WITH WEIGHTS, TUMS AND BUMS class, RESISTANCE BANDS and CIRCUITS.

All ladies are welcome regardless of age and fitness abilities.

COME AND HAVE FUN, GET FIT AND FEEL GOOD!!

