

# **STRETCH AND TONE FITNESS CLASS**

**TUESDAY MORNINGS  
10.00am to 11.00am**

**PERTON LAKESIDE HALL**

**ESTABLISHED CLASS  
EXPERIENCED INSTRUCTOR  
GREAT MUSIC  
TO SUIT ALL LEVELS OF FITNESS**

**FOR MORE  
DETAILS  
CALL ANGIE**

**07900 981724**

**or**

**01746 218296**



**ALL WELCOME  
JUST COME ALONG!!**