

Fitness with Sadie



Body Blast Fitness Class!

Every Thursday (term time only) at The Centre @ Halton, 5.45pm – 6.45pm

Full body fitness blast  exercising to music 
incorporating all components of fitness –

Cardio, Flexibility, Strength, Endurance, Core Strength and Co-ordination.

No experience required, beginners welcome, high and low modifications offered

£5 per session

Call or message me for more information on 07783 509046



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