

*Fitter Healthier Happier*

# Phil's Fitness

07783027589

## SIMPLE CIRCUITS



**THE CENTRE@HALTON**

**MONDAY**

**9:30 to 10:30**

**£5** per session

MAX 12 People

**Booking required** visit [Google: Phil's Fitness](#)

Specialising in older age fitness activities including aerobic workouts, core balance and chair/mat stretches