

# NEW CLASS TIME

## Legs, Bums & Tums



A series of exercises to tone up & improve the muscle tone and shape of the body through exercises.

This Class includes an aerobic warm-up, a series of exercises on the Legs, Bums and Tums; then a stretch section at the end which aids relaxation and increases the flexibility of the muscles

This class gives you the benefit of toning and shaping the Legs Bums & Tums as well as increasing your level of fitness.

### Info:

- Thursday
- 7:30 - 8:30
- £4.20 non members
- £3.70 member
- Pay as you go

For more information on this great class call on 01604 641604 or visit

[www.moultonsportscomplex.co.uk](http://www.moultonsportscomplex.co.uk)

for more information on all our classes and other activities



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