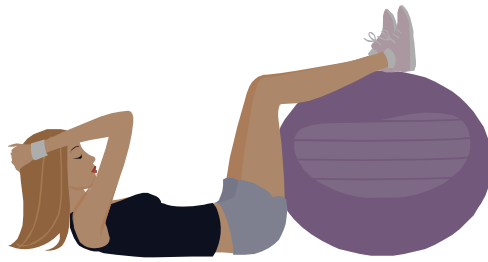


Stability Ball Class



Introductory Trial Session

£4.50

Excellent workout specifically focusing on core muscles (abdominals and lower back).

Will improve posture, tone abdomen and help prevent back injuries in racquet sports players.

No previous experience required and all equipment supplied.

Tuesdays 11 - 11.45am

6 week course to follow every Tuesday: £27

To book a place contact Trisha Sharps

Active4Life

“Helping people, help themselves keep fit”

Trisha Sharps

Personal Trainer

trisha_sharps@hotmail.com

Call: 07899 682 650

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