



Adult Fitness Sessions

SHOBNALL LEISURE COMPLEX

WEDNESDAYS

Adult session 6.30 – 7.30pm

£3.75 session

22nd January 2020 to 26th February 2020

6 week plan of gentle exercise, or more intense if you wish,
to help with fitness and weight loss
(in conjunction with your regular diet plan).

With its fun and relaxed environment, yet structured
sessions, our 6 week Adult Fitness plan has been created to
allow people access to advice on fitness, enjoy exercise.

Get fit and feel great!

The sessions are run by our qualified and experienced Fitness Instructor.

SPORTS AND FITNESS FOR EVERYONE

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