

STRONGER AT EVERY AGE

Feel better. Move better. Live better.

Our friendly classes are designed for all abilities to help you **build strength, boost energy and improve your wellbeing.**



STRENGTH
FOR LIFE



CONFIDENCE
AT ANY AGE



A SUPPORTIVE
COMMUNITY



FITNESS CLASSES AT RAWCLIFFE VILLAGE HALL

EVERYONE WELCOME • ALL ABILITIES • FRIENDLY ATMOSPHERE



MONDAY MOVERS

6:30 - 7:30PM

A gentle full body workout to improve mobility, strength and confidence.



WEDNESDAY WARRIORS

6:00 - 7:00PM

Stronger every week! Build strength, improve fitness and feel great from the inside out.



FEEL GOOD FRIDAY

6:00 - 7:00PM


End the week feeling energised and uplifted with this feel-good fitness class.



TAKE THE FIRST STEP
TOWARDS A STRONGER, HEALTHIER YOU

Come along and give it a try!


**FULLY
QUALIFIED
INSTRUCTOR**
5+ YEARS
EXPERIENCE

 RAWCLIFFE VILLAGE HALL | FOR MORE INFORMATION CALL OR TEXT 07564354825
LET'S MOVE TOGETHER. LET'S GET STRONGER. LET'S ENJOY LIFE.