

Starting TUESDAY FEB 21st



Circuit Training

Burton-in-Lonsdale Village Hall

A 6 week block running up to Easter Holidays

Suitable for all ages from 13+ and all fitness levels catered for

What is it? A fun keep fit class, with a mix of resistance exercises and cardiovascular work. You choose the exercises suited to your fitness level – easy, moderate or hard – to help you to achieve your fitness goals! Limited places (16 maximum).

Cost – only £17 for the 6 sessions. Contact: Mark on 07887 917553 or email m.christie496@btinternet.com for more details and bookings.



Dates: Every Tuesday for six weeks starting February 21st. (Note: should interest be high, we will deliver more sessions in future weeks). Loose fitting clothing and cushioned shoes required. Feel free to bring your own exercise mat.

Often called 'Mr. Motivator', I'm an Advanced (Level 3) Fitness Instructor registered with the Register of Exercise Professionals (UK). I have many years of experience delivering fitness classes for all ages and abilities, including circuits, step, aqua-fit, boxercise, walking to health and personal training.

Look forward to seeing you! Mark

