

# CLUB ACTIVE

APRIL

**TUESDAYS**

**2nd - Circuits**

**9th - Balance and Mobility**

**16th - 15/15/15**

**23rd - Weighted Workout**

**30th - Freestyle Fitness Pilates**

**THURSDAYS**

**4th - Gliders Workout**

**11th - Mini Ball Workout**

**18th - Fitness Pilates**

**25th - Body Conditioning**

## **AIMED AT THOSE**

- NEW TO EXERCISE
- RETURNING TO EXERCISE
- WANTING GENTLE CLASSES
- 50+

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