

4Fitsake

FUN CLASSES FOR EVERY BODY

Feel good fun to put a smile on your face

Just turn up (£7 .50) or visit

www.4fitsake.com



Monday 6.30 pm

RETRO DANCE PARTY

**Come and dance to all the oldies.
Singing and fun is encouraged**

Tuesday 7.00 pm

LEGS BUMS & TUMS

**Push your fitness with a bit of cardio
and work your core with a bit of
Pilates and toning.**



Thursday 7.00 pm

DANCE FITNESS PARTY

**Dance to a mix of old and new
songs.**

No pressure to get the steps right.

