

Starting Friday 17<sup>th</sup> January 2014



# 'LADYFIT'

With Kay B

Gentle aerobic and body toning for *all* ages and fitness levels.

Designed to promote greater **VITALITY** and improve:

Circulation \* Flexibility \* Strength \* Shape\* Balance

Crossens Community Centre

Every Friday 10.45 – 11.45

£4.00 per class



More information contact Kay  
Tel: 01704 620868  
Email: [baileconkay@yahoo.es](mailto:baileconkay@yahoo.es)