

FIT4ALL

AT GLENRIDDING VILLAGE HALL

**EVERY FRIDAY from
12 noon to 1.00 pm**

Starts Friday, 13 January



WHAT IS FIT4ALL?

- Fit4All classes are run by qualified instructors working with the NHS.
- The classes are open to **EVERYONE**.
- Emphasis on physical activity and well being.
- Aims to build **STAMINA, STRENGTH, SUPPLENESS & SKILLS**.
- Range of activities to suit individual needs.

WHAT DO I NEED?

- Wear comfortable, loose fitting clothing.
- Water.
- Good vibes!
- Any equipment is provided.

WHAT DOES IT COST?

- The first class is FREE – so come and give it a go.
- After that the cost is £3.00 per session.

FOR MORE INFO, CONTACT:

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