

Circuit & Tone



CIRCUIT & TONE CLASS

Looking to improve your fitness or shape up for an event or holiday?

Circuit & Tone is an all in one Fitness Class that provides you with a fat burning strength building workout

Specially developed exercises teach your body to be a fat burner and help you tone up naturally. These cardio and strength building routines work on your stamina and core fitness, leaving the cool down to promote your flexibility and mobility.

Circuit & Tone classes are safe and challenging for all fitness levels. Your calorie burn and fitness development is dependent on how hard you wish to push yourself, this makes the classes most effective and enjoyable.

TUESDAY'S 6.30 PM

Brabyns Pavilion, Brabyns Park, off Station Road, Marple Bridge SK6 5DT



FOR CLASS DETAILS CONTACT LICENSED INSTRUCTOR

JULIE CROSS

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