

All Saints Centre Huthwaite

COMBAT Aerobics

Lose weight & get yourself fit with an aerobic workout, muscle toning, strengthening and suppleness.

Thursdays 6.00pm -



Incorporating all the fitness benefits of martial arts and aerobics

Trainers to be worn,

£3.50
Per Session

Instructors are all recognized EKGB / M.N.C.F. Coaches or Instructors

Minimum Age 14

No previous experience required

For further information please contact: Jennifer

Tel: 01623 551756

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COMBAT Aerobics

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Thursdays 6.00pm - 7.00pm



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