

- **ARE YOU OVER 50?**
- **WANT TO GET FITTER?**

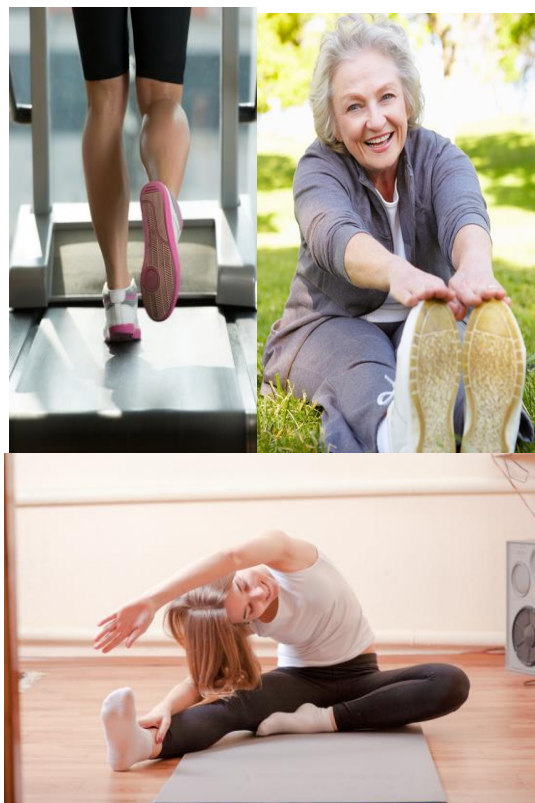
Women's Only 50+ Fitness Club

4 Weeks Programme

- Personal fitness coach
- Personal fitness record
- Free health checks

ZUMBA
CIRCUIT TRAINING
GYM WORKOUTS
AEROBICS
YOGA

FREE
SAUNA



For more information please call 0116 2514747 or contact Reception at Shama Women's Centre, 39-45 Sparkenhoe Street, Leicester, LE2 0TD