



New Fitness Classes 2014

Latin Classes on Wednesdays

- 7.30pm - Salsa, Rumba, Cha Cha Cha classes

- 8.30pm – Argentine Tango classes

Tel: Gill 07966 433818

Zumba classes every Monday night at 7.00pm provided by Adriana Farias-Thomas, £4.00 per session payable on the night

Tel: 07800 559152

Ladies Circuits every Monday and Wednesday 10.00am – 11.00am, followed by complimentary coffee after each session. Provided by The Manor leisure team, £4.00 per session or free to our members

Pilates class every Wednesday from 6.00pm – 7.00pm.

A ten week course, contact Sheila Walker for prices and information. Tel 01874 711584