

CIRCUITS **10 WEEK PROGRAMME**

6.15AM - 7.00AM | TUES & THURS

Whether you're aiming to shed pounds, tone up or simply feel great, this programme is the perfect way to stay motivated and hit your fitness goals before Christmas!

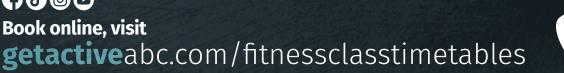
Included in getactiveabc Tier 2 | Corporate Family memberships or pay £6.80 per class

₽000

Book online, visit

2 WEEKLY CLASSES PROFESSIONAL ADVICE AND GUIDANCE FROM QUALIFIED INSTRUCTORS WEEKLY WEIGH IN NUTRITIONAL ADVICE ADDITIONAL WORKOUT PLANS/ EXERCISES FOR YOU TO TRY AT HOME

ONLINE OR AT RECEPT





Armagh City Banbridge & Craigavon Borough Council