



**NEW GROUP CLASSES
BOOK YOUR PLACE FOR JANUARY
TODAY!**

TEENAGER FITNESS SESSIONS



TEENAGER FITNESS SESSION (pre booked 6 week course)

A fitness class for teenagers aged between 14-18. An introduction into safe training methods for young people guided by fully qualified instructor. The course aims to encourage training for teenagers and education of how to do so safely.

COST—£45 for 6 weeks

Rayleigh House, 32 High Street, Bookham,

01372 458984

www.finefettle.org