

FELLAS FITNESS

EXERCISE CLASSES FOR THE OLDER GENTLEMAN!

Join Fellas Fitness today to experience the benefits of regular exercise. It doesn't matter if you are new to exercise or just returning to it. These sessions cater for a wide range of ages & abilities and are set at a pace that is right for you! You may have played sport in your younger years & now need to shift some weight or want to improve an existing medical condition. Whatever your reason, Fellas Fitness is designed with you in mind!

DAY: THURSDAY TIMES: 1.30PM-2.30PM

COST: £4.00 (FIRST SESSION FREE)

**VENUE: HARTSPRING LANE COMMUNITY CENTRE,
336 PARK AVENUE, BUSHEY, WD23 2BJ**



CALL TO BOOK YOUR PLACE: 01707 284229 OR JUST TURN UP!



Email: activetogether@herts.ac.uk
www.fellasfitness.org.uk