



S & B Fitness
BOOTCAMP
CLASSES
(adult's)



£5

Cardiovascular, strength, core stability & flexibility

Starts Elswick Park

Tuesday 1st September 7pm

(Every Tuesday)

&

Great Ecclestone Park

Wednesday 2nd September 7pm

(Every Wednesday)

&

Hambleton Park

Thursday 3rd September 7pm

(Every Thursday)

For details contact on 07879593747 or
sandbfitness@hotmail.com

