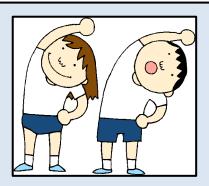
## FITNESS IS FUN!!



New members welcome all ages, all fitness levels just come along!

## WHITCHURCH VILLAGE HALL EVERY WEDNESDAY 10:00 - 11:00

warm-up - aerobic exercises circuit stations - stretch with Jo

Increase your co-ordination and build up your strength in a friendly environment with good company

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Cost £7