

ASKHAM & PENRITH COMMUNITY FITNESS WITH PAULINE IRELAND

Programme 2021 - Starts Monday 17th June

Stars = Intensity Level

MONDAY

Move It or Lose It Class -
10.30 - 11.30am - Askham Community Hall
Seated or standing exercises for the Older Adult



Upper and Lower Body Toning Class
6.30 - 7.30pm - Askham Community Hall



TUESDAY

BEGINNERS LOW INTENSITY EXERCISE TO MUSIC CLASS
6.30-7.30PM - ASKHAM COMMUNITY HALL



WEDNESDAY

MOVE IT OR LOSE IT CLASS
10.30 - 11.30AM - EVERGREEN HALL, PENRITH



STRETCHING & CORE FOR RUNNERS AND CYCLISTS.
STARTS 16TH JUNE
6.30 - 7.30PM - ASKHAM COMMUNITY HALL



THURSDAY

MOVE IT OR LOSE IT CLASS
10.30 - 11.30AM - ASKHAM COMMUNITY HALL



CORE, BALANCE, STRETCH
6.30 - 7.30PM - ASKHAM COMMUNITY HALL



COST £5.00 PER CLASS

TEL 07788979640 - PAULINE.IRELAND@MOVEITORLOSEIT.CO.UK