

COMMUNITY FITNESS - SEPTEMBER 2021

WITH PAULINE IRELAND

MONDAY

'Move It or Lose It'
10.30-11.30am, Askham Community Hall

INTENSITY

★☆☆☆☆



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

★★★★☆



TUESDAY

'Low Intensity Exercise to Music'
6 - 7pm, Askham Community Hall

★★☆☆☆



WEDNESDAY

'Move It or Lose It'
10.30 - 11.30am Evergreen Hall, Penrith

★☆☆☆☆



'Stretch & Core'
6.30-7.30pm, Askham Community Hall

★★☆☆☆



THURSDAY

Core, Balance & Stretch'
6.30-7.30pm, Askham Community Hall

★★☆☆☆



£6 PER CLASS - PAYMENT OPTIONS
AVAILABLE

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