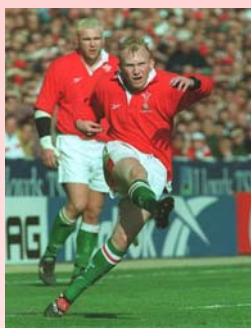


Introducing.....

New & Exciting Fitness Classes at Ynysawdre's New Sports Hall



Pilates
Boxercise
Fit at 40
Body Dynamics/Salsa
Swiss Ball Conditioning
Circuits Training

Michael Flatley, Celtic Tiger said "He's (Richard Hughes) got me in the best shape of my life. I'm the leanest I've ever been. I feel absolutely fabulous "

(Daily Mirror June 23, 2005)



Classes starting 9th January 2007 £2.50 per session

For Further information Contact

Ynysawdre School on 01656 720643 or

www.celticfitness.co.uk

