

YNYSAWDRE'S NEW SPORTS HALL

Tuesday	Wednesday	Friday
Fit @ 40 4-5pm	Circuits 4pm-5pm	Fit @ 40 4pm-5pm
Swiss Ball Conditioning 5pm-6pm	Boxercise 5pm-6pm	Body Dynamics/Salsa 5pm-6pm
Body Dynamics/Salsa 6pm-7pm	Pilates 6pm-7pm	Circuits 6pm-7pm
		Boxercise 7pm-8pm

Which Class Suits You?

<p>Pilates</p> <p>Improves body awareness & posture as well as helping to strengthen the core.</p>	<p>Body Dynamics</p> <p>Movement, Balance and Tone work your 3 key dynamics and feel the benefits of wellbeing.</p>
<p>Boxercise</p> <p>Circuit class that combines fitness with boxing moves for an all over workout</p>	<p>Fit @ 40</p> <p>A varied workout for the over 40's targeting fitness needs for a balanced, healthy lifestyle.</p>
<p>Circuits</p> <p>Dynamic Total Body workout class. Fun and effective training.</p>	<p>Swiss Ball Conditioning</p> <p>Stability and strength using the fitball to balance your inner core.</p>

Classes starting 9th January 2007 £2.50 per session

**For Further information Contact
Ynysawdre School on 01656 720643**

Or

www.celticfitness.co.uk

