

FITNESS SESSIONS



**For MEN
and
WOMEN!**



£10 for 3 sessions

**Sessions take place at:
Beech Hill Primary School, access
via Hampton Road, Luton, LU4 8AP**

Join us EVERY WEDNESDAY from 6:00pm to 7:00pm to enjoy some Fitness Sessions where we look to keep you active as much as possible throughout the hour!

Sessions are for MEN and WOMEN of ALL ABILITIES!

For more information or to book your place, please contact:



**COMMUNITY
TRUST**



01582 561622



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