Physical Wellbeing

https://poyntonfitness.co.uk

From £5 per class

Tailored work outs

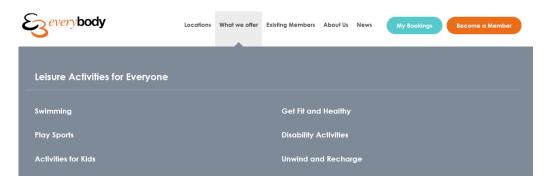
No membership/joining fee

Huge range of classes

No Induction



https://everybody.org.uk/what-we-offer/



Fitsteps for All Bodies, FAB, is a dance fitness workout designed for people who love to dance, want to keep fit, but for a variety of reasons prefer a lighter intensity, lower impact or

perhaps a slower pace

CONTACT: Pat Scott WEB: www.fitsteps.co.uk EMAIL: patstott 1 @icloud.com PHONE: 07976 571970

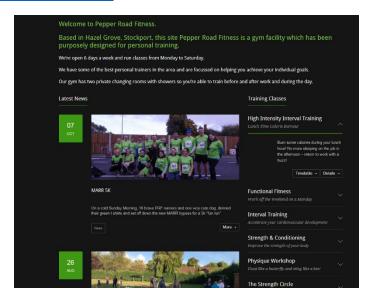
DAY: Monday

TIME: 6:00PM - 10:00PM





http://www.pepperroadfitness.co.uk/



And if you just want the comfort of your own home to take part in some physical exercise...

https://sworkit.com/

https://www.barrecore.co.uk/onlineworkouts

https://www.fitnessblender.com/videos