

# Local Daytime Fitness Classes

Gentle and active exercise for older adults

## Hurstbourne Tarrant Community Centre

### Monday Afternoons



1.00-1.50

3.00-3.50



2.00-2.50

**First Class Free. Drop-in's Welcome.**

£9 per session or choose a class pack and save.

10 Class Pack £70 (£7 per class), 5 Class Pack £40 (£8 per class)

*Please check my website or contact me for term dates*



[www.zenfitnessrachel.co.uk](http://www.zenfitnessrachel.co.uk)

Phone/WhatsApp: 07443 837472

Email: [rachel@zenfitnessrachel.co.uk](mailto:rachel@zenfitnessrachel.co.uk)