

Fitness for everyone

**Welcoming, fun, friendly,
group indoor and outdoor
exercises classes**



**Limited spaces available—please email / text to
secure your place, give medical consent
and receive further information:**

julietaevans@icloud.com 07955229351

Week beginning September 6th timetable:

Mon 6th 9.15-10am @ St Swithun's

Tues 7th 6.30-7.15pm @ St Swithun's

Weds 8th 9.15-10am @ St Swithun's

Thurs 9th 7am-7.45am @ Mountsfield

**Cost—pay what you can afford
(suggested £2-£10+ donations which will go
towards Church Community projects).**



**Juliet, a level 4 Fitness Instructor and PT
(as well as the Priest in Charge of St
Swithun's), is passionate about making
health accessible to everyone—please
contact her with any questions
07955229351**