



2018  
Fitness  
together!

**A fun fitness session with lots of variety to strengthen & improve your shape, boost your fitness & trim a few pounds...with a sociable cuppa after ☺**

**Classes will be indoors this term until the drier, warmer weather returns.**

**All classes offer low impact options & pelvic floor friendly ☺.**

**Babies & toddlers welcome to daytime classes, but not essential.**

### Monday

**MumMe FITNESS 9.45- 10.30 am Rockspring Centre, Ludlow, SY8 1SX**

An exciting combination of power band, small ball and bodyweight exercises.

Option to bring buggies & toddlers too, toys provided.

**Strength, Cardio & Flex 7.15-8.15 pm Diddlebury Village Hall, SY7 9DH.**

The perfect combination of power band and bodyweight moves that keep your muscular strength, challenges to keep the heart & lungs healthy and an essential stretch session. This unique class is open to beginners while offering challenges for all levels of fitness.\*

### Tuesday

**Strength, Balance & Flex 11.15- 12 noon Ashford Carbonel Village hall**

This gentler, low impact class particularly suitable for 50's, 60's, 70's or returning from injury.

All exercises are completed stood or chair-based, no floorwork involved.

### Wednesday

**MumMe FITNESS 9.30- 10.20 am CasCA, Craven Arms, SY7 9PS.**

An exciting combination of power band, small ball and bodyweight exercises.

Option to bring buggies & toddlers too, toys provided.

### Thursday-

**Strength, Balance & Flex 10.45- 11.30 am CasCA, Craven Arms**

This gentler, low impact class particularly suitable for 50's, 60's, 70's or returning from injury.

All exercises are completed stood or chair-based, no floorwork involved.

Find us on  [NinaHealthandFitness](#)

Book with Nina Walmsley to guarantee your place

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