

Kelsey Kerridge Sports Centre

Free Fitness Classes for Outlooks Gym & Free Weights Gym Members

MONDAY	12.30 - 1.30	Fitness Circuits	KK Staff	All
	6.15 - 7.15	Steps Class	Annette	All
TUESDAY	12.15 – 12.45	Krunch & Kore	Mustafa	All
WEDNESDAY	12.30 – 1.30	3-Way Combo	Jo	Int
THURSDAY	12.30 – 1.30	Fitness Circuits	KK Staff	All
	5.15 - 6.00	New Body	Angeline	All
FRIDAY	12.30 - 1.30	Hi/Lo Aerobics	Alison	Int
SUNDAY	5.15 - 6.15	Energy Blast	Orsi	All

All teachers subject to availability

If in any doubt about your fitness please consult a doctor before starting exercise classes. We suggest nothing is eaten up to one and a half hours before exercising.