

Keep Fit & Step Classes

Step: Tuesdays 18:15 – 19:15pm

Keep Fit: Saturdays 8.00 - 9.00am

Personal Training Available at A Time to Suit You. Please Ring for Details.

(Female / Male Trainer Available)

Come & Meet Other People from Frisby & The Surrounding Villages.

Small Friendly Classes Suitable for All Levels Of Fitness.

Contact Jacqui / Keith: Tel: 07713625269

Email: jacqui_warn@hotmail.com

