

# **STEP / BODY TONING CLASS**



**Tuesdays 6pm - 7pm.**

**Ideally suited to the over 50's.**

**Gentle Exercise Using The Step & Light  
Weights.**

**Work The Legs Arms & Abs.**

**Call Jacqui: 0771 3625269**

**Email: [jacqui\\_warn@hotmail.com](mailto:jacqui_warn@hotmail.com)**