

BodyWurx Gold - (Over 50039s Aerobics Class) (5 GBP)



BodyWurx Gold

Lower impact Aerobic exercise for the over 50's

- Keep yourself active
- Full Body Class with Dance, Mobility & Stretch Fusion
- Suitable for ALL Fitness Levels & Abilities
- Easy to Follow, Effective Full Body Workout

£5.00 per person

FRIDAY 12.00-12.45pm
Hardingstone Village Hall

TEXT/CALL: 07544 946139
EMAIL: LESLEY@LMFITNESS.INFO
WEB: WWW.LMFITNESS.INFO
FACEBOOK: THEJUNGLBODYNORTHAMPTON
TWEET: @LmFitness











Location **East Midlands, Northamptonshire**
<https://www.freeadsz.co.uk/x-255790-z>

BodyWurx Gold offers participants a low impact aerobic workout that incorporates dance moves to some rocking 60's & 70's tracks, blended with some low intensity bodyweight routines & Pilates mobility & stretch sequences.

The class has been designed to improve fitness, burn calories and aid functional movement & posture.

This class is considered suitable for participants over the age of 50, although we welcome people of all ages to join us.

To reserve your place on the class, please visit the ticket link and book in. Alternatively, email [email]

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