

# 50 Freestyle Fitness Yoga - Wednesday 10 am Stonehouse Community Centre



Location **South West, Gloucestershire**  
<https://www.freeadsz.co.uk/x-483673-z>

FROM 11th JANUARY 2017.

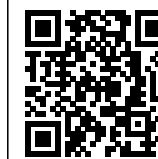
Stonehouse Community Centre - Wednesday 10-11 am

This is a more gentle class for beginners and older adults.

FFY is a fitness program that incorporates stretch, strength & Yoga postures. Every element of FFY is validated from a fitness perspective. Any one taking part in a FFY class can expect to improve their strength and flexibility, seeing the benefits within 8 weeks.

Prices:

- £8 Pay as you go
- £40 for 6 session card (use within 2 months)
- £72 for 12 session card (use within 3 months)
- £6 per week (1/2 term block paid in advance) \* (Guaranteed)



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