

Freestyle Fitness Yoga, Stonehouse, Tuesday 645pm



Location **South West, Gloucestershire**
<https://www.freeadsz.co.uk/x-483677-z>

FROM 10th JANUARY 2017 - Tuesday 6:45-7:45 pm 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.

It is suitable for fitter beginners and intermediate level.

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 space) www.stonehousefitness.co



Be **free**, have **style**, do **fitness**, live **Yoga**.

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