



Ultimate Abs

the great Abs workout

Monday 1730 - 1815

Wednesday 1730 - 1815

These classes are taken by:

Lucy (Monday) and Gopi (Wednesday)

PHOTO

An aerobic based class that concentrates on your body's core. This class gives you exercises that work the core stomach muscles and surrounding area leaving you with visible results in just a few weeks.

So if you are aiming for that six pack or just wanting to flatten your stomach this is the class for you, it will leave you screaming for more!

Please contact the Cash Desk for more information on 0131 621 8303