



Circuits & Abs

Monday 0930 - 1030 (with Lucy)

The best way to start your week!

Beginner's Abs is a great core workout and will flatten and tone your stomach. This class will start with the basics but will also provide progression to ensure you achieve results as your body adapts. Circuits is an excellent all over body work out which incorporates a variety of exercises and will never be the same two weeks in a row!

If you want to tone, improve cardiovascular fitness and have fun then come along to Abs, Circuits or both!

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