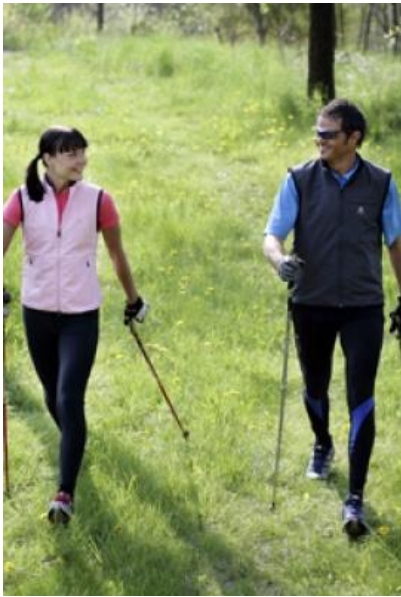


NORDIC WALKING & PILATES CLASSES

At Queen Mary's



NORDIC WALKING CLASS WILL START ON

WEDNESDAY SEPT 14TH AT 9AM

Meet at the front of the school

Equipment provided

Newcomers welcome



PILATES CLASS WILL BEGIN ON

THURSDAY SEPTEMBER 9TH AT 8:45am

in THE GYM

Build core strength and balance the body in this
challenging and relaxing class

For more information or to book a place ring Nicole 07887581364