

CAPT Circuits

Redmarley Village Hall

Tuesday's 6.30pm (except school holidays)

Circuits is a varied and fun workout targeting all muscle groups. Each week is a different format and all you need to bring is a bottle of water and a mat. The session duration is approx. 45 minutes.

Suitable for all levels, as long as you can get up and down off the floor. Alternative exercises can be given for those that need to avoid impact.

If you are unsure whether Circuits is for you, please come along for a free trial, just message me to let me know – 07 963 039 106 *or* charlottepawley@yahoo.co.uk.