



Book Now!

Contact David on;
0114 234 4445

Kettl er cise

Every Wednesday 10am
£4.00

Fat Burning j ust got easier!

Kettlercise is becoming extremely popular. It uses one piece of equipment with different techniques for a full stimulating body workout.

With a qualified instructor.

We're a friendl y bunch so
come al ong!

At the 82nd Scout Hut, Burncross Rd
near Chapeltown Swimming Baths

