

Women's Outdoor Exercise Sessions



Women's only outdoor exercise classes will be running from May in partnership with local personal training company Health Performance offering an all round workout in the fresh air.

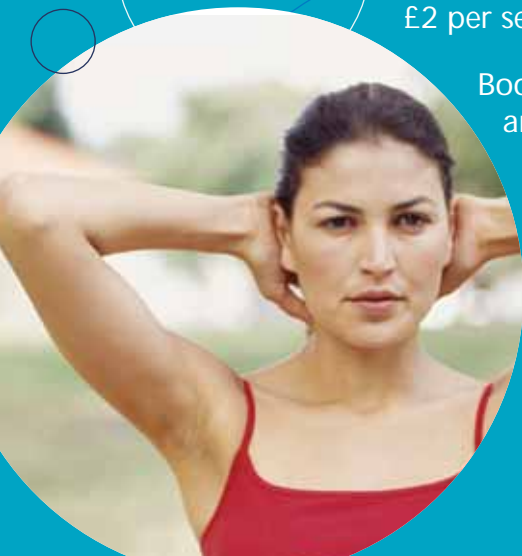
Classes will include a range of challenging and effective exercises for fat burning and toning the whole body.

Preston Park, 9-10am, Starting Saturday 16th May

Book in for 6 weekly sessions for £12 – that's only £2 per session.

Booking is essential as places are limited and payment is to be made prior to attending classes.

For more information and to book a place please call Joanne Heron on 01642 526697 or e-mail joanne.heron@stockton.gov.uk



Stockton-on-Tees
BOROUGH COUNCIL

