

## CIRCUIT TRAINING/KEEP FIT CLASS at LONGDON VILLAGE HALL

Dan Thomas, Personal Trainer and Advanced Fitness Instructor continues his Saturday morning circuit training + keep fit class on 4<sup>th</sup> October from 9 – 10 am. First class is free then £5 a class. All ages and abilities welcome. Come and get fit and have fun too.

For further details, please contact Dan on 07590 520079 or e-mail at [Dan@targetactivepersonaltraining.com](mailto:Dan@targetactivepersonaltraining.com) or Jo Vickery on 01684 293202.

