



**CLASSES
WE 100%
LOVE**

Get Fit With Cherie

Session Zumba All levels

Day Monday

Time 10.00-11.00am

Venue Coombes community centre Royston, Hertfordshire, SG8 5PT

Session Cardio Blast with Legs, bums and tums tone

Day Monday

Time 7:30-8:30pm

Venue Great Ashby Community Centre Stevenage SG1 6NH

Session Zumba

Day Tuesdays

Time 10:00-11:00am

Venue St Nicholas Community Centre Stevenage SG1 4LJ

Session Fat loss circuit training

Day Tuesdays

Time 6:30-7:30am

Venue Great Ashby Community Centre Stevenage SG1 6NH

Session Zumba n tone (30mins of Zumba 30mins of tone)

Day Tuesday

Time 7:45-8:45am

Venue Great Ashby Community Centre Stevenage SG1 6NH

Session Cardioblast with tone

Day Wednesday

Time 10:00-11:00am

Venue Coombes community centre Royston,Hertfordshire, SG8 5PT

Session Zumba

Day Wednesday

Time 7:30-8:30am

Venue St nicholas Community Centre Stevenage SG1 4LJ

Session Cardioblast

Day Thursday

Time 10:00-11:00am

Venue St nicholas Community Centre Stevenage SG1 4LJ

Session Zumba

Day Friday

Time 10:00-11:00am

Venue Kenilworth community,Stevenage SG2 8TB

How To Book

Contact Cherie via the phone 07743 469119 or by email getfitwithcherie@hotmail.co.uk

Fee

All sessions are £5.00