

# CLUB WHITFORD FITNESS CLASSES

20<sup>th</sup> February – 30<sup>th</sup> March



- Spinning
- Metabolic Blast
- Kettlebell
- Fat Loss Circuit **NEW!**
- Express Fitness (Lunchtime Class) **NEW!**
- Full Body Toning
- Aerobic Kickboxing
- Tour the Spin (70 mins class) **NEW!**

## 6 Week Block Payment (Place Guaranteed)

	Members	Non Members
<b>1 Class</b>	<b>€24</b>	<b>€48</b>
<b>2 Classes</b>	<b>€45</b>	<b>€90</b>
<b>3 Classes</b>	<b>€65</b>	<b>€130</b>

## Pay as you Go per Class (Place not Guaranteed)

Members **€5**      Non Members **€8**

**BOOK YOUR PLACE NOW..**

**The Club where the Action is....**