

Bringing fitness to your doorstep

Ketlercise with Andrea
Every Wednesday 6:15 - 7:15pm

Ketlercise with Ollie
Every Friday 6:15 - 7:00am

Try a fantastic strength training workout
See full timetable below



MONDAY

10:45 - 11:45am
12:00 - 13:00pm
17:45 - 18:45pm
18:30 - 19:30pm

CLASS

Core Conditioning
Pilates
Vinyasa Yoga
Circuits

INSTRUCTOR

Helen Holness
Nicola Witchell
Karen Holding
Ollie Wakefield

VENUE

North Cerney Village Hall
North Cerney Village Hall
Meysey Hampton Village Hall
North Cerney Village Hall

WEDNESDAY

10:45 - 11:45am
18:15 - 19:15pm
19:30 - 20:30pm

CLASS

Core Conditioning
Ketlercise
Vinyasa Yoga

INSTRUCTOR

Tom Lewindon
Andrea Bond
Noriko Spencer

VENUE

North Cerney Village Hall
Watermoor School, Cirencester
Watermoor School, Cirencester

THURSDAY

19:35 - 20:35pm

CLASS

Pilates

INSTRUCTOR

Nicola Witchell

VENUE

Watermoor School, Cirencester

FRIDAY

06:15 - 07:00am
18:00 - 19:00pm

CLASS

Ketlercise
Asthtanga Yoga

INSTRUCTOR

Ollie Wakefield
Noriko Spencer

VENUE

Watermoor School, Cirencester
Watermoor School, Cirencester

SUNRISE YOGA WORKSHOP

5 - WEEK YOGA WORKSHOP AT SNAP FITNESS GYM, CIRENCESTER - GL7 1LJ

COURSE 4 - Every Saturday 7am - 8am (10th November - 8th December)

£20 per course - Members

£40 per course - Non-members

Email Ollie - ollie@yourcommunity.co.uk - **TO BOOK YOUR PLACE NOW**

We can't refund or carry sessions over as we need to cover for instructor and rental costs.

YOUR COMMUNITY FITNESS MEMBERSHIP

Membership options available on our website www.yourcommunity.co.uk

M - 07817724878

E - ollie@yourcommunity.co.uk

For more information please visit our website www.yourcommunity.co.uk
No need to book for classes - JUST TURN UP! FREE to members and £6 Non-members

