

Elmswell Time

Edition 25 – Early November 2015

Community Events & Information Circulated for Free

Our free space is given to Lewis Greathead who, from tomorrow, Friday 6 November will be expanding his Karate and Fitness classes at the Wesley Hall. Please see the poster below for details of both Tuesday and Friday classes.



GROUP CLASS TIMETABLE

Tuesday @ Wesley Hall, Elmswell

Friday @ Wesley Hall, Elmswell

5-6pm - Kids (Year 1-3)

6-7pm - Kids (Year 4-7)

7-8pm - Adults (Year 8+)

8-9pm - Circuit Training

4-5pm - Kids (Year 1-3)

5-6pm - Kids (Year 4-7)

6-7pm - Adults (Year 8+)

7-8pm - Circuit Training



PERSONAL TRAINING with an Elite Trainer & Nutritionist

We offer:

- Private Elmswell Gym
- Training in Martial Arts and/or fitness
- Tailored Training/Exercise Programmes
- Tailored Nutrition/Diet Programmes
 - Unlimited FREE Classes
 - 24hr Support & Members Area
 - Experience and results!



**Please contact us
for more information.**

GREATHEAD
FREESTYLE MARTIAL ARTS & FITNESS



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