

# **FREE** FITNESS **CLASS**

**FREE fitness classes for patients of  
the following surgeries, Bewick  
Crescent, Hallgarth, Jubilee and  
Peaseway**

## **FITNESS CLASSES DAY/TIMES**

**Schildon - Sunnydale Leisure center.**

- Monday 6:30pm
- Saturday 10:00am

**Aycliffe - Jubilee Medical Practice**


- Tuesday 6:30pm
- Saturday 08:30am

## **FITNESS CLASSES INCLUDES**

- CIRCUITS
- BOUNCE
- BODY PUMP
- BOXERCISE
- HIIT

**REGISTER NOW**

**CONTACT US :**

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