



# Aerolates Exercise Class

A fab combination of  
Cardio Dance Aerobics  
and Fitness Pilates.

## FREE LAUNCH

Soper Hall, Caterham

Friday 13th January 2017, 9.30 - 10.30am

Classes every Friday morning in term time.

Suitable for all ages and abilities.

To book, text 'YES' to **07956 826385**

Email: [clare@bodywise-fitness.co.uk](mailto:clare@bodywise-fitness.co.uk)

A New YOU for the New Year! Be Fit, Healthy and Happy!