



Aerolates Exercise Class

Soper Hall
Harestone Valley Road
Caterham CR3 6YN

Every Friday
9.30 - 10.30am

Suitable for all ages
and abilities

**£7 per class or
buy 5 and get 1 FREE**

Want to feel fit, strong and healthy?

Try an Aerolates exercise class!

A fab combination of Cardio
Dance Aerobics followed by
rejuvenating Fitness Pilates to
improve core strength, tone
and flexibility.

BOOK YOUR FREE TRIAL TODAY

text/call 07956 826385

email clare@bodywise-fitness.co.uk

visit www.bodywise-fitness.co.uk

We have spare
mats available but
please bring a towel
and water bottle



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