

# Aerobics

# 40

At Longridge  
Civic Hall

Thursdays

7pm - 8pm

(Start Date - 7th January)

Only  
£4 per  
Class

Janine Ingham  
(CYQ Level 2 ETM Instructor)

All levels of  
fitness welcome

A fun,  
highly motivating workout  
designed to aid weight loss  
and cardiovascular  
fitness

Call 01995 61991

or see you there!