

# Exercise Class

**Get Fit  
Have Fun**

**Starts 14th May 2013**

**Tuesday Evenings**

**Puddletown Village Hall**

**Choose from 2 class times 7pm or 8pm**

**Pay on the night £5 per session  
or**

**Pay in advance £45 for 10 sessions**

Experienced REPS Registered Personal Trainer Steve Birtwistle

Varied fun and challenging exercises

Improve strength mobility and flexibility

Sessions will accommodate both beginners and advanced

Work at your own pace with all the support you need

Kickstart your fitness training and try something a little different

**Call Steve for more information: 07806 478354**

**Email: [steve.birt71@btinternet.com](mailto:steve.birt71@btinternet.com)**

**Website: [www.stevebpt.co.uk](http://www.stevebpt.co.uk)**

