

feel good fit clubs



Fit club classes in Knighton, Hereford, Ludlow, Bridgnorth,
Llangunllo, Leintwardine, Brampton Bryan and Kingsland

Janie
cremer

Diet Nutrition Exercise

including **Aerobics, Salsa Aerobics and Fitness Pilates**

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Venues and Times

Monday	Llangunllo Village Hall	9.30 - 10.30am	Diet & Aerobics
	Leintwardine Methodist Chapel	11.30am - 12.30pm	Diet & Pilates
	Difton Priors Village Hall	2.00 - 3.00pm	EXTEND only
	Bridgnorth St. Leonards School, Innage Lane	6.30 - 7.45pm	Diet & Aerobics
		7.45 - 8.30pm	Pilates only
Tuesday	Ludlow St Peter's Parish Centre, Henley Road	9.30 - 11.00am	Diet & Pilates
	Craven Arms Community Centre	2.00 - 3.00pm	EXTEND only
	Kingsland Luctonians Rugby Club	6.30 - 8.00pm	Diet & Aerobics
Wednesday	Brampton Bryan Village Hall	9.20 - 10.30am	Diet & Aerobics
	Knighton Community Centre	6.00 - 7.00pm	Diet & Pilates
		7.15 - 8.00pm	Pilates only
Thursday	Leintwardine Methodist Chapel	9.30 - 11.00am	Diet & Pilates
		10.30 - 11.45am	Diet & Pilates
	Hereford Holmer Park Health Spa	3.30 - 4.30pm	Pilates
		6.30 - 8.00pm	Diet & Pilates
		8.00 - 9.00pm	Pilates

Feel good fit classes are for all ages and all abilities. Come along for a weekly weigh-in, dietary advice and receive a free diet pack or just come along for the exercise. For more information about classes and one to one consultations, please contact **Janie**.

Class Fee's:

£5.00 Diet & exercise

£4.00 Exercise only

Individual consultations in your home also available: £25.00 per hour

Telephone. **01547 540 103** Mobile. **07989 748 685** Website. **www.janiecremerfeelgood.co.uk**