

Brunswick Gardens



Monday's

5.45-6.30pm

ZUMBA[®] (£3.50 or monthly offers available)
fitness

Call 0114 2940052

Gym & Steam room

Year m'ship £120 single, £180 per couple

6 mth m'ship £75 single, £120 per couple

3 mth m'ship £50 single, £80 per couple



Circuit

Tuesday's

5.15-6.15pm

(£2 per person)



Core/abs

Thursday's

10.00-10.20am

(Free-in gym)



Step

Friday's

10.00-10.30am

(Free in gym)

Brunswick Gardens, Station Road, Woodhouse