



**Slim your waist, tone your stomach, arms
and legs in a FUN easy going class
suitable for all fitness levels and
it's a lot easier than hula hooping**

Fleet Estate - Monday 8.15pm

**Dartford Grammar Girls School
Tuesday 8.15pm**

**Stone Pavilion Hall -
Wed 7.45pm**

**Greenhithe Community Centre
Thursday 7.45pm**

Contact 07746082182

**MUST BOOK First Class ½ PRICE with this
advert!**