



GROUP EXERCISE CLASSES!

**YOGA, BODYPUMP, BODY-
COMBAT, HIIT TRAINING**



- ***BEGINNERS
WELCOME***
- ***BRING A
FRIEND***
- ***FRIENDLY
ATMOSPHERE***

- **NEED SOME MOTIVATION?**
- **Fun and friendly exercise for all ages and abilities**
- **No need to participate — you can simply watch**
- **Free class vouchers and class demos**
- **Just turn up!**
- **See website for latest timetable**

WHEN: 5 DAYS A WEEK

WHERE: SWANSCOMBE BUSINESS CENTRE

PARKING: FREE CAR PARK ON SITE AND OPPOSITE



Studio 14
Swanscombe Business Centre
London Road
Swanscombe
Kent
DA10 0LH

www.silofitness.co.uk
Add us on Facebook 'Studio 14'
Tel or text: 07507 553 830

