

Total Body Blast

A fun, upbeat, group workout class – you'll leave with a smile on your face. The class is aimed at Beginners but is suitable for all levels of fitness – it includes cardiovascular exercise to increase the heart rate and bodyweight exercises to tone the entire body.



Free 'Taster' Sessions Included!

Book early to avoid disappointment.

Various locations, dates and programmes available. Wear comfortable clothing and trainers. Please bring a bottle of water.

To book

Email: everybodyactive@ardsandnorthdown.gov.uk

Tel: 0300 013 3333 ext.40338

Pre-registration essential: A Participant Registration Form must be completed prior to the programme.

Suitable for all fitness levels and both male and female participants. (16+)



LOTTERY FUNDED

**Every Body
Active 2020**



**Ards and
North Down**
Borough Council