



Legs, Bums and Tums



Classes running in your local area - friendly, fun and relaxed exercise for all!

- No pre-booking required
- Just wear comfortable clothing and bring an exercise mat or towel
- Fitness With Hannah – **Voted Best Fitness Instructor In Leicestershire in the 2019 Muddy Stiletto Awards**
- Trim, tighten and tone with friendly classes to help you burn calories and lose weight, with stretch, squat and dance moves
- **Monday:** Countesthorpe, Village Hall, 9 - 9.45am
Ullesthorpe, Village Hall, 18.45 – 19.30
- **Tuesday:** Dunton Bassett ,Village Hall, 9.30 – 10.15am
- **Thursday:** Broughton Astley, St Mary’s Church, 9.30 – 10.15am
Dunton Bassett , Village Hall, 19.15 – 20.00
Dunton Bassett, Village Hall, 20.00 – 20.30 **(Weights and Circuits Class)**
- **Friday:** Walton & Kimcote, Village hall, 9.30 – 10.15am
- **Saturday:** Dunton Basset, Village Hall, 9.45 – 10.30am

For further information contact Hannah:

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