

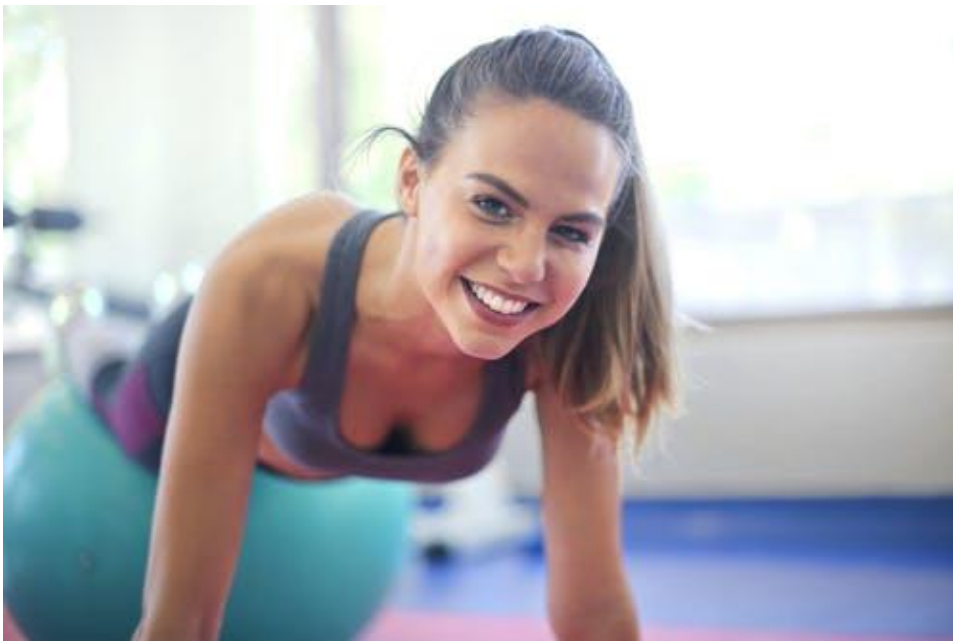
Legs, bums and tums

- Also known as LBT, get to grips with those wobbly bits!
- A complete lower body workout for all those problem areas, incorporating the use of hand weights, steps, bars and bands.
- Weekly classes held at Lutterworth Sports Centre.

Sessions:

Tuesday: 9:30 - 10:30am

Thursday: 10:30 - 11:30am, 18:00 – 19:00



For more information:

Web: www.everyoneactive.com/centre/lutterworth-sports-centre

Telephone: [01455 200800](tel:01455200800)