

WomenZone Fitness Centre

Callows Yard
(Malew St Entrance)
Castletown

11am classes Mon – Sat
FOR BEGINNERS

If you have never been to a gym, because you thought you wouldn't know how to use the equipment or because you thought everyone there would be lycra clad slim young things – come and try our 11am classes. I guarantee you will love them. In our small, friendly classes you will get second to none supervision from us, making your exercises safe, effective and fun.

Strictly no posing and no lycra !

**Tel: Joanne or Julie on 458936 or just come
along
£5 per class**