

Legs, bums and tums

When: Every Tuesday at 9 am to 10 am

Where: Ackworth Parish Rooms (above Ackworth Library)

All Welcome!

Bring your own mat or a towel.



Why Join Us?

✦ Keep it simple: Move your body as it's meant to!

✦ Build lifelong connections with like-minded people.

✦ No expensive over-engineered equipment!

✦ Local and affordable!

Open to all ages and abilities!

👏 Experienced, affordable, safe, and practical training.

👏 35 years of quality fitness coaching within the local community.

Helping create healthy bodies and healthy minds!

Join us in a friendly space where you can be yourself and explore your fitness journey!

👉 If you want to take part, get in touch!

☎ Contact Jayne Collins at [07799898937](tel:07799898937) or jaynelouisecollins@hotmail.co.uk.