

Fresh Start Fitness

A sport session delivered by the Elfrida Society and Sportworks



Sessions are FREE and include: aerobics, body conditioning, light weight training, boxercise, yoga and intensity interval training



When: Every Monday

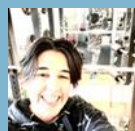
Time: 2:30 to 3:30pm

Where: Islington Tennis Centre and Gym, Market Road, London, N7 9PL



What do I need?

Trainers, loose clothing and water



To find out more, speak to Nikki:
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