

NU PHYSIQUE TOTAL BODY WORKOUT

(Formerly of Prescot Leisure Centre)
Classes Are Now at:

Prescot Town Hall

1 Warrington Road (Old Fusilier Site)
Prescot
L34 5QX

Monday 7.30pm - 8.30pm
Wednesday 8.00pm - 9.00pm

No Membership required, £3.00 per class

An Exercise to Music Class Where All Levels of Fitness are
Catered For, with over 18 Years' Experience in Teaching.

Come Along and Enjoy Getting Fit.

