



# **MENO-MOVE**



**LIMITED  
SPACES**

**Low intensity workout  
designed for  
menopausal women**

**Text  
Juanita on  
07960 395026  
to book**

**£6 per session**

**Equipment included**

**Mondays 6-7pm**

## **STRENGTH, TONE & CONDITIONING**

Improve muscle & bone health through targeted exercises  
designed to strengthen & tone problematic areas



**Prescot Town Hall, 1 Warrington Road, Prescot, L34 5QX**