



**COUNTRY-FIT EVENT IS ON LAST SATURDAY OF  
EACH MONTH – COME ON OUT!**

**BOOKING ESSENTIAL AS REFRESHMENTS PROVIDED**

**OFTEN AS NOT A GOOD STOMPY WALK IN THE FRESH AIR TO  
WARM UP FOR AN HOUR – COME IN FOR A BREAK.**

**THEN CIRCUITS (INSIDE & OUT)**

**THEN VOLLEYBALL & TABATA IN THE POOL**

**ALL FOR A TENNER!!!!**

**(UNLESS WE ADD IN CYCLING/CANOEING)**

**LADIES, GENTS & YOUR KIDS 14+ WELCOME  
(IF THEY ARE NOT THE GRIPEY KIND – MUST KEEP UP!)**

[www.weightandsee.ning.com](http://www.weightandsee.ning.com)

[www.gymandtonichay.co.uk](http://www.gymandtonichay.co.uk)

**01497 822995**