

New at G&T's, JAN'

NEW year...2010 New Instructor...SIMONE
New Classes...She has 2 on offer
New friends...Who knows! **NEW YOU!** For sure!

Starting Tuesday 12th Jan
2 new classes, back-2-back



Tue 1-2 p.m Boxercise for BEGINNERS

Learn 8 different punches throughout the session
Learn it in different styles, absolute fun with a
great workout included, Def THE new thing to
learn for 2010.

And those who wish to let out some aggression
then look no further! Call G&T's for details!

Tue 2-3 p.m Beg/Intermediate Aerobics Class.

Newly Hatched! You will love this!
Beg/Intermediate Aerobics Class.
All totally welcome – call G&T's for details



Might I add something in here?! (Cat)

I have known my friend Simone for 12 years or more and am really excited for her in this endeavour. She is an amazingly popular local girl, and I am sure she will make these sessions ROCK! You can be certain of this: she will make you all very welcome and has expressed her desire to make these classes as accessible as possible to as wide an audience as she can. Please give this new, vibrant Instructor our support ☺ 01497 822995 www.gymandtonichay.co.uk