

# SIMONE'S SIZZLERS

## TUESDAYS

### **BOXERCISE** for **BEGINNERS** **1-2 P.M**

Learn 8 different punches throughout the session, in different styles, absolute fun with a great workout included.

Defo THE new craze for 2010.

And for those who wish to let out some aggression - look no further!

Call G&T's for details! **01497 822995**



### **AND STRAIGHT AFTERWARDS 2-3** **Beg/Intermediate AEROBICS**

Newly Hatched! You will love this, chicks!  
Beg/Intermediate Aerobics Class. If you have ever felt intimidated of Aerobics – this is the class for you – no twists and turns!

All totally welcome – call G&T's for details **01497 822995**

Might I add something in here?! (Cat)  
I have known my friend Simone for 12 years + she is passionate about this and makes these sessions ROCK! She is incredibly welcoming & makes these classes as accessible as possible to as wide an audience as she can. Please give this vibrant Instructor our support ☺



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