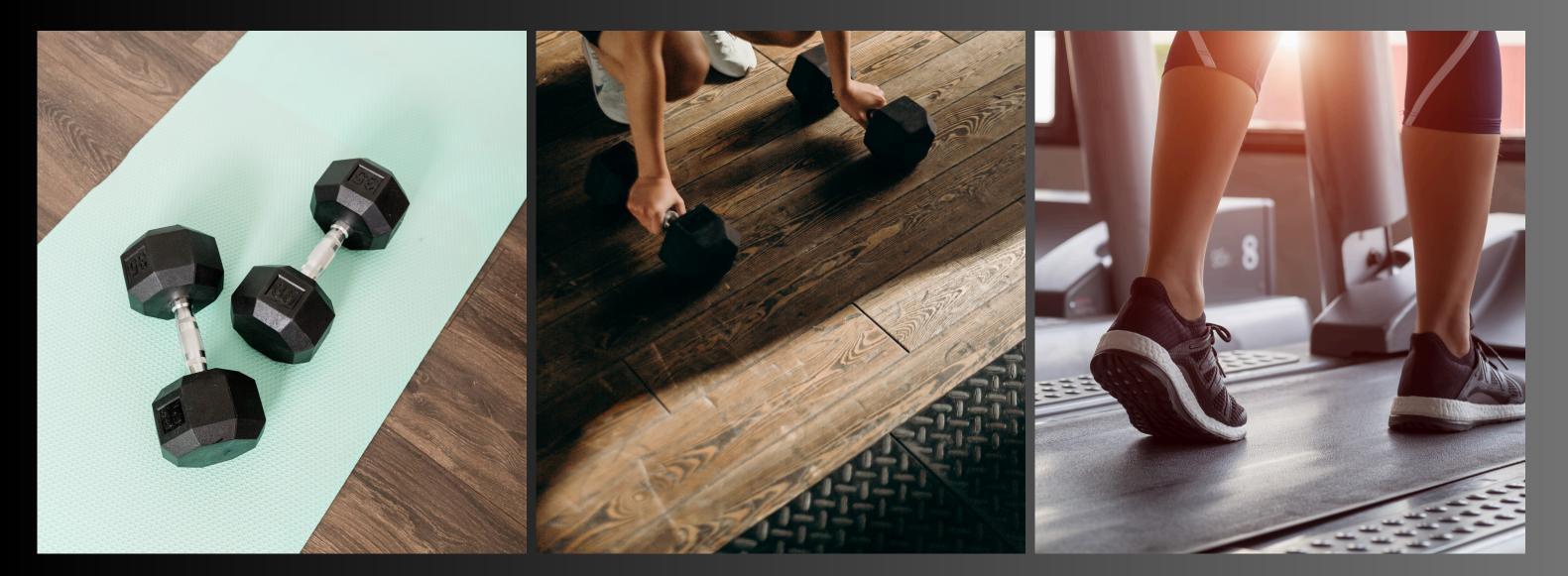
YELL LEISURE CENTRE



GYN CIRCUTS Wednesday 6:45pm - 7:45pm



£6.55 (included in MORE4Life membership)

Circuit training is a fitness class, giving you high impact cardio training as well as working all of your muscle groups while incorporating bodyweight, weights & machines.

> All fitness levels welcome Limited space so booking is essential





