



**£2.00 per  
class up  
until 26th  
March**

**NEW CLASS!**

**Commences**

**Friday 26th  
February 8pm-9pm**



# On The Ball!

Enjoy a great toning session with the aid of a stability ball.  
Tone your whole body and have great fun whilst doing so!

- Great for back strengthening!
- Excellent for trunk stabilisation!
- Work your core with 100% effort, with the ball supporting you and taking care of the rest!

Equipment provided by Chesterton Sports Centre.

\* £2.00 per class only valid until 26th March 2010. Cost of £4.00 per class will resume after this promotional period. Offer excludes Corporate Memberships and Gold Memberships.