

NEW



K I N S P A

BODY AND SOUL

MAY CLASS OF THE MONTH



BALANCE BALL

Focus on developing the core muscles of your body. Strengthen and stabilise this set of muscles and you'll improve your posture, reduce your chances of injury and back pain. It's also great fun!

9.30-10.15am on Sundays throughout May...

FREE to members (£5.00 non-members)

Limited spaces available, book now!