

SPILSBY CLASS TIMETABLE - MONDAYS

Spilsby Pavilion, Ancaster Avenue

First Step Fitness

9am Spilsby Pavilion, Ancaster Avenue

Does the idea of exercise terrify you? No idea where to start? Don't feel fit enough to join a class? Lack of confidence? YEP?! This class is designed for you!! Fitness can be easy and fun...and give you results quickly with the right guidance and help, let us show you how.

Starts
14th
January

NEW

Active Ageing

10.15am Spilsby Pavilion, Ancaster Avenue

Turn back the clock, put a spring in your step and get moving! This class will help boost your fitness levels, improve strength, flexibility and mobility designed especially for our 50+ clients.

Starts
14th
January

NEW

PARTNEY CLASS TIMETABLE - WEDNESDAYS

Partney Village Hall

First Step Fitness

9am Partney Village Hall

Does the idea of exercise terrify you? No idea where to start? Don't feel fit enough to join a class? Lack of confidence? YEP?! This class is designed for you!! Fitness can be easy and fun...and give you results quickly with the right guidance and help, let us show you how.

Starts
14th
January

NEW

Active Ageing

10.15am Partney Village Hall

Turn back the clock, put a spring in your step and get moving! This class will help boost your fitness levels, improve strength, flexibility and mobility designed especially for our 50+ clients.

Starts
14th
January

NEW