



FIT 4 LIFE

- WHAT:** Excellent workout, good music and good fun!
- WHEN:** Tuesday mornings, 10–11am with Kathy Brown & Sue Vine
- WHERE:** Large Hall, Frinton Free Church
- WHO:** All ages, 16 years and upwards (limited availability)
Mixed ability - you work at your own pace
- COST:** £2.50
Crèche availability—limited spaces