

"Fresh Start Fitness"

A sport session delivered by the Elfrida Society and Sportworks



Sessions are FREE and include: aerobics, body conditioning, light weight training, boxercise, yoga and intensity interval training



When: Every Monday

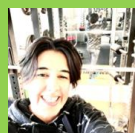
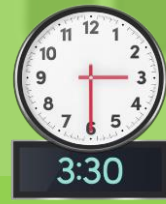
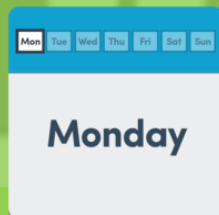
Time: 2:30pm to 3:30pm

Where: Islington Tennis Centre and Gym, Market Road, London N7 9PL



What do I need?

Trainers, loose clothing, and water.



To find out more speak to Nikki
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