



# BRAND NEW FITNESS CLASSES TO FRECKLETON

**RAWSTORNE SPORTS CENTRE**  
BUSH LANE, FRECKLETON, PR4 1SA

## LEVEL 3 PERSONAL TRAINER BRINGS - THURSDAYS

**LBT CLASS - 6.30pm - 7.15pm**

*Low intensity toning and conditioning session designed to target those tough areas.*

**£3.00**

**H.I.I.T CLASS - 7.30pm - 8.15pm**

*This High Intensity Interval Training session is designed for those who want to push it harder.*

**£3.50**

## FRIDAYS

**LBT CLASS - 6.30pm - 7.15pm**

*Low intensity toning and conditioning session designed to target those tough areas.*

**£3.00**

**FULL BODY WORKOUT - 7.30pm - 8.15pm**

*A mixture of cardio and resistance exercises for an all over body workout.*

**£3.50**

## CONTACT JASON

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 Like our page - YOUFITPT *for class updates*

*To confirm a place please ring or text  
with name and desired session.*

1 TO 1 PERSONAL TRAINING AVAILABLE.