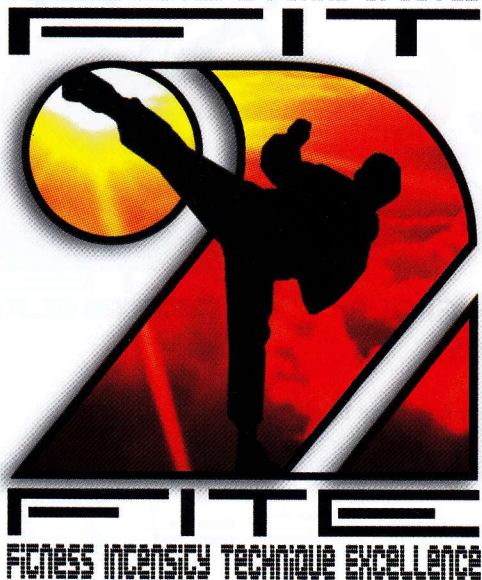


FIGHTING MOVES 2 FUNKY GROOVES



"FIGHTING MOVES TO FUNKY GROOVES"

fit2fite

**Starting from
Tue 25th August 2015
8:00PM to 9:00PM
(Every Tuesday)**



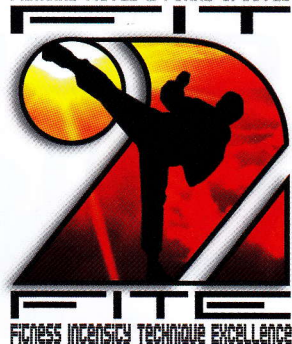
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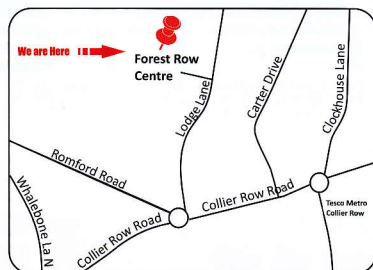
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Fighting Moves to Funky Grooves



FIT2FITE™ HERALDS A NEW ERA IN GROUP EXERCISE COMBAT AEROBICS

- The class is designed to suit all abilities, from beginner to elite athlete.
- Its simple Four Step Format attracts men,
- women and families to the classes.
- It's emphasis on Toning through, Technique, Tension and Intensity facilitates ongoing weight loss.
- It is a self regulating all over body workout that develops strength, stamina and suppleness.
- It is designed by the Assistant England Karate Coach and utilised by the National Karate Team.
- Cost effective as it requires no apparatus.



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