

LIFESTYLES

Fast Fitness	www.fastfitnessleicester.co.uk
We are an ongoing indoor and outdoor training programme helping you to get fit, lose weight and get into the best shape of your life while having fun.	
Monday 6.00pm to 7.00pm 16 + years	Paul Brown 07966 959 872 paul@fastfitnessleicester.co.uk

Kettlercise	
In just 50 minutes you will complete 37 different exercises with a kettle bell which will sculpt and tone your body melting away fat. Suitable for all levels of fitness from absolute beginners to advanced – just increase your bell weight!	
Monday 7.00pm to 8.00pm 16 + years	Anita Breeze 0774 5519877 anitabreeze@talktalk.net

Leicestershire Adult Learning	www.leics.gov.uk/GoLearn
Enrolling this year couldn't be easier! If you are sure about the course you would like to join, you can do so from the comfort of your own home by calling our FREEphone number 0800 988 0308 - opening times Monday-Friday 9am-7pm, but variations may occasionally apply. You can also enrol online now through our course search.	
Monday, Tuesdays, Wednesdays 7.00pm to 9.00pm Various Ages	0800 988 0308 adultlearning@leics.gov.uk

Yoga Fitness	www.fit4dance.com
Benefits of Fitness Yoga include:• Enhanced physical fitness• Increased mental and physical relaxation• Enhanced development of body awareness • Reduced risk of injury to joints, muscles and tendons• Reduced muscular tension• Increased flexibility and use of range of motion• Increase in body strength Tone up, get fit and healthy!	
Tuesday 6.45pm to 8.00pm 16 + years	Charlotte Tomlinson 07939 588092 charlotte.tomlinson@hotmail.com

Zumba Fitness	www.matthewprint.zumba.com
A Latin-inspired dance-fitness program, Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating.	
Wednesday 7.15pm to 8.15pm 16 + years	Matthew Print 07929 528412 zumbamattuk@gmail.com