



Stay Active at HD3 Fitness Centre

Our first Wednesday session will start on Wednesday 2nd September 2020 at the new time of 10.30am.

The class will be taken by Lesa, who is a highly experience Fitness Instructor with qualifications in “Exercise for the Older Population”.

The Friday class with Simon (easy aerobics) will also start on Friday 4th September, at the usual time of 11am.

The classes will only hold 12 people and so it is essential that you book your place. You can only book a place 6 days in advance, this is to allow a fair distribution of places.

If the class is full you can add yourself to the waiting list and if you don't get a place that week, you will be put onto the class the following week before it goes live for others to book. This way we hope to accommodate you all over a 2-week period.

You can do this by phoning us on 01484 646506, or booking via the website: <https://hd3.clubm.mobi/Portal/Booking/Forthcoming>

Or via the Club Link app – **please ask for more details**, this is the easiest way to monitor available places on the class and also whether you have gained a place from the waiting list.

Please get in touch if you have any further questions,
Kind Regards,
Ruth Dawson
Director