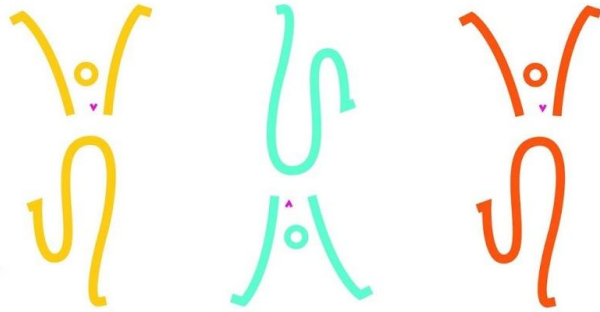


Core Sculpt Classes

Sabine Fitness
Personal training & Pilates in Ilkley



Core Sculpt classes for muscle tone and core strength with a variety of equipment to ensure a full body workout that is safe and effective.

This Core Sculpt class is for anybody who aims to enhance their muscle strength, stamina, flexibility and core stability.

And having fun exercising to music with other like minded people.

Friendly Group - everybody is welcome



Tuesdays from 7-8pm

**@ Ben Rhydding Pre-School Playgroup,
Bolling Road, Ilkley, LS29 8QH**

Contact Sabine on 07966 572611 or email sabine@sabinefitness.co.uk