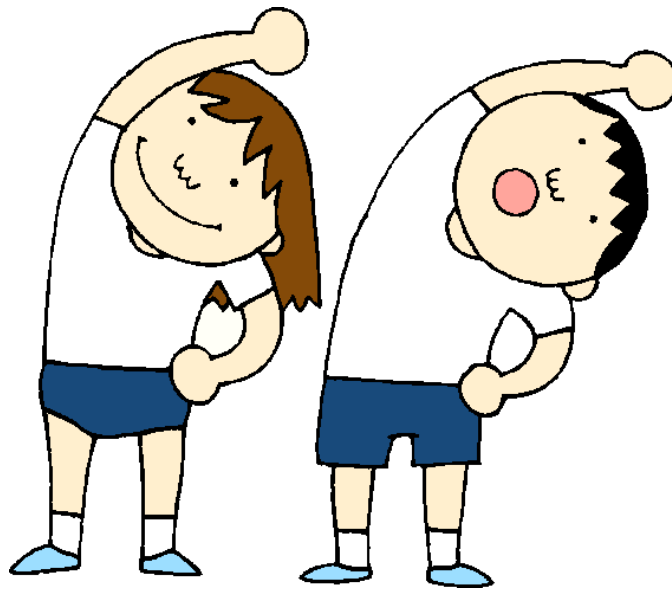


CIRCUIT TRAINING

Strength - Cardio - Tone



Clarkston Bowling & Tennis Club

Every Tuesday @ 7pm until 8pm

Cost: £5 per person

Call, text or email Derek on:

07788275032 or derek.wales@hotmail.com

All fitness levels welcome!



Derek Wales Personal Training