

Our Group Exercise Timetable - 2019

Monday	Wednesday	Thursday	Saturday
1pm - Pilates Stretch @ The Grange, Rhewl	12.15pm - TrailFit @ Ruthin Tennis Club	10.30am - Nordic Walking @ Moel Arthur Car Park	8am - HillFit @ Moel Famau Top Car Park
2pm - Pilates Strength @ The Grange, Rhewl	6.15pm - Pilates Strength @ Gellifor School	12.30pm - Pilates Abs @ The Grange, Rhewl	
4.30pm - HillFit 1 @ Coed Llangwyfan Car Park	7.15pm - Pilates Stretch @ Gellifor School	4.30pm - HillFit 1 @ Moel Arthur Car Park	
5.30pm - HillFit 2 @ Coed Llangwyfan Car Park		5.30pm - HillFit 2 @ Moel Arthur Car Park	
6.30pm - HillFit 3 @ Coed Llangwyfan Car Park		6.30pm - HillFit 3 @ Moel Arthur Car Park	

BECOME AN OUTFIT MEMBER, AND BENEFIT FROM ACCESS TO LOADS OF GREAT EXERCISE SESSIONS, OUTDOOR & FITNESS KNOWLEDGE, SOCIAL EVENTS INCLUDING GUIDED RUNS & WALKS, EXERCISE PROGRAMMING & SUPPORT. WE LIKE TO KEEP THE SESSION NUMBERS FAIRLY SMALL, AND WHILST MEMBERS GET PRIORITY WHEN IT COMES TO TAKING PART IN RESTRICTED-NUMBER SESSIONS, IF THERE IS ROOM - NON MEMBERS ARE WELCOME AT **£6** PER SESSION.

You can register online today at www.out-fit.co.uk

