

Do you want to
have some fun and
get fit at the same
time?

Time to get off
that sofa and
exercise!

Are you interested in Free Exercise Classes?

We all know how hard and expensive it is to
squeeze a bit of exercise into our day to day life
that's why:

Queensmead are proud to be offering our parents and
carers the opportunity to

GET FIT FOR FREE

Our Sports Coach-Mr Gordon will be running
three free exercise sessions per week 8:55am –
9:30am

Monday	'Move it to music'	Shake off the weekend with this fun and energetic dance based session.
Tuesday	'Training'	Work up a sweat with this circuits and training session.
Wednesday	'Warm ups'	A more gentle stretch and tone session.

We look forward to seeing you there!