



**£8 PER SESSION
BLOCK BOOKING
DISCOUNTS
AVAILABLE**



FITNESS THROUGH THE AGES

RAN BY

RHINO
SPORTS ACADEMY

Fitness Through the Ages is a vibrant weekly club created especially for the over 45's - where music, nostalgia, and gentle exercise come together in a fun and uplifting way.

Travel through the decades as you move to the sounds and styles of iconic eras, from classic film moments to unforgettable dance trends. Whether you're swaying to the smooth tunes of yesteryear or enjoying light, feel-good routines, each session is designed to boost your energy, lift your spirits, and keep you moving at your own pace, all in a friendly, welcoming atmosphere.

MONDAY

THE ABBEY CENTRE

10-11 AM

TUESDAY:

BLISWORTH FOOTBALL CLUB

9.30-11AM

COLLINGTREE PRIMARY SCHOOL

7-8PM

WEDNESDAY:

OVERSTONE VILLAGE HALL

1-2PM

BLISWORTH PRIMARY SCHOOL

7-8PM

THURSDAY:

ECTON VILLAGE HALL

1-2PM

FRIDAY:

NETHER HEYFORD VILLAGE HALL

9.30-10.30AM

ELGAR CENTRE

11.30AM-12.30PM



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