

Roz Mitchell

Fitness Instructor and Personal Trainer PEA/RSA

07771 717890

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All Classes
£5!

Mondays:

9:30-10:30am - Body Conditioning - Guide Hall

10:45-11:15am - Mature Ladies - Guide Hall

8-9pm - Aerobics - Memorial Hall

Wednesdays:

9:30-10:30am - Aerobics - Guide Hall

Thursdays:

9:30-10:30am - Flexible Strength - Guide Hall

8-9pm - Circuit Training - Guide Hall

Fridays:

9:30-10:30am - Fit Ball - Guide Hall

Creche facilities available
for daytime classes

All levels welcome (men too!)

All classes are held in Chalfont St. Giles.

For more information on classes or personal
training sessions please contact Roz.

Come and keep fit and healthy as well as
having fun! Looking forward to seeing you!

