

Healthiness Ltd Fitness for Fun classes

COMING SOON

We use multiple exercise levels during our class to ensure that everybody can participate no matter what your fitness levels, even if you can't stand for long periods we have chair based exercises to accommodate your physical abilities. We will also use a collection of your favourite music to keep you motivated whilst having lots of fun.



Wednesday 1:00pm – 2:00pm
The Black-E
1 Great George Street

L1 5EW
Only £3 per session

For more information please contact:

Healthiness. Ltd
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Email: info [at] healthinessltd.co.uk
Or Contact The Black-E: 0151 709 5109