

FREE EXERCISE CLASSES WOMEN ONLY

Every Monday
(from 8 January 2024)
6:30pm to 7:30pm
SW9 Resource Centre
13 Benedict Road
SW9 9FX

SW9 are proud to team up with Personal Trainer, Cherrise Lorenza, for a 12-week women only full body conditioning sessions with a mixture of strength and cardio exercises.

You must be 18 years+ & a SW9 CH resident.

Places are limited, so book your place by 31 December 2023.

Contact:

getinvolved@sw9.org.uk
020 7326 3700

