

***A STRONGER, FITTER,  
MORE FLEXIBLE YOU***

Bodyweight Conditioning class  
Tuesdays 7pm to 8pm

Flexibility class  
Tuesdays 8pm to 9pm

King Egbert School, Dore. £8 per class

All abilities welcome

For full details and to sign up, visit

[www.movingstrong.co.uk](http://www.movingstrong.co.uk) or call 0114 419 1948

Run by Mark Campbell, a highly experienced Strength and Conditioning Coach from the elite sporting world. Now adapting his training techniques to get people fitter, stronger and moving better for everyday life.

