



TOURNESOL FITNESS

Newsletter July 2022

Fitness Pilates in the Park Tuesdays 12.30
Longstanton recreation ground

New outdoor class at Longstanton recreation ground. You can either pre-book or just turn up and pay on the day . I will be there as long as it isn't throwing it down with rain! It's a great session if you sit at a desk all day or if you have tight muscles from playing sport.

Come and join me for a bit of outdoor stretching, strengthening and stress-relief!

To pre-book follow the link
<https://tournesolfitnesswithcarol.com/>





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New Fitness Pilates class, Neil Marsh Health and Fitness, Willingham

New indoor class at Neil Marsh Health and Fitness, Willingham, Fridays 17.30
Open to non-members. Grab yourself a free 7-day trial plus the first class free

This is a great class for core and back strength as well as stretching out tight muscles and improving mobility.

Book here for a free trial:

<https://goteamup.com/p/1132002-neil-marsh-health-fitness/memberships/53418/>



PRIME

FOR MIDLIFE WOMEN

Prime for Midlife Women 4 week course



A 4 week programme of workouts, nutritional advice and lifestyle tips to help you tackle the symptoms of perimenopause and menopause.

Message me for details





SUMMER HOLIDAY WORKOUT TAKE- AWAY!

**5 FIT IN 15
WORKOUTS ONLY £7**



£15 a month

Fitness
Pilates
Online

**20 WORKOUTS TO
CHOOSE FROM**

CORE STRENGTH

BACK STRENGTH

BALANCE

POSTURE