



TOURNESOL FITNESS

Newsletter September 2022

Fitness Pilates Barre and Balance NEW CLASS!

Brand new class starting at Bar Hill church Wednesday 7th September 7pm !

This low impact class fuses together the principles of Fitness Pilates and Barre to create a full body workout to strengthen the legs, core and upper body.

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/>



MID-SECTION MELTDOWN 7 DAY PROGRAMME



STARTS 5TH SEPTEMBER!

***HEALTHY EATING AND
EXERCISE TO HELP SHIFT
BELLY FAT!***





TOURNESOL FITNESS

SPINE MOVES MASTERCLASS

***EXERCISES TO RELEASE
TIGHT BACK MUSCLES
AND EASE BACK PAIN***





**New studio
available for small
group Fitness
Pilates**