Legs, Bums and Tums



Adult

Leisure and Professional

Kick off 2025 with our Legs Bums and Tums class. Learning the fundamentals of how to strengthen your core, glutes and legs. This class is a great way to improve strength, balance and stability.

All fitness levels welcomed.



Scan the QR Code for full course description, assessment and progression options from this course



ENTRY REQUIREMENTS



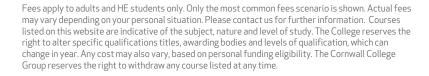
LOCATION & NEXT START DATE(S)

Duchy College Stoke Climsland - 16 September 2025

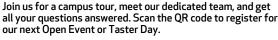




LEVEL No Qualification	DURATION 1 evening a week over 10 weeks	
ATTENDANCE Part-time	FEES Tuition Fees: £0.00	
		F ALL















Find out more and apply online

