

# Circuit Training Classes

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## When?

Every Thursday  
ready to start at  
7pm

## Where?

Archbishop  
Sumner School  
Reedworth St  
off Kennington Rd  
SE11 4PH

## How much?

£4.50 per person,  
per session

Circuit training provides a good introduction to both weight training and aerobic exercise and provides an effective 45 minute workout for the whole body. It is suitable for all skill and fitness levels - so whether you're a complete beginner or a seasoned exerciser you will enjoy the class and gain benefits from your hard work.

Just some of the benefits of regular training include:

- *Increase efficiency of heart and lungs*
- *Decrease blood pressure*
- *Lower cholesterol*
- *Reduce risk of coronary heart disease*
- *Reduce risk of osteoporosis*
- *Reduce fat*
- *Reduce risk of injury*
- *Increase strength*
- *Increase endurance*
- *Increase suppleness*
- *Improve posture*
- *Improve confidence*
- *Decrease stress*



*Freestyle*  
fitness



For more info visit  
[www.danstyles.co.uk](http://www.danstyles.co.uk)