

Step out of your comfort zone >>

and join us on your exercise journey!



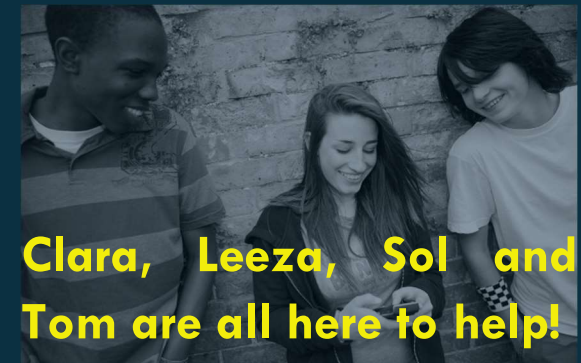
“ If you are new to exercising,
please consult your doctor
before taking part in any
physical exercise.”

>>> Physical activity and exercise are
important for everyone.

Some benefits of regular physical activity:

- Reduce the risk of injury
- Improve your quality of life

We have a team of staff
out there ready to
welcome you on your
activity journey.



Clara, Leeza, Sol and
Tom are all here to help!

Cardio classes combine strength
and endurance training.





Contact 07700 901999



Email clara@ewf.service



Website address www.ewf.service



Location Upper Avenue, Lower Town, EF19 6PT

Strength classes focus on covering high rep volumes while working on the correct technique.

| | |
|----------------|-----------|
| Body Shock | Monday |
| Bootcamp | Tuesday |
| HIIT | Thursday |
| Muscle Factory | Wednesday |



PUSH YOURSELF OUT OF YOUR ACTIVITY COMFORT ZONE AND YOU WILL CONTINUE TO GROW AND DEVELOP AS A PERSON PHYSICALLY AND MENTALLY.