**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.**

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

**Cardio classes combine strength and endurance training.**





Contact 07700 901999



Email [clara@ewf.service](mailto:clara@ewf.service)



Website address [www.ewf.service](http://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.**