

Health & Fitness

Your Instructors



Contact Bill or Sonya for more information
Tel: 07917 528 444
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cheshires.bill@gmail.com

Free to Phoenix residents
Non-Phoenix residents £5
Starting 2nd June 12.00-1.00pm
Green Man Barn, 355 Bromley Road, London SE6 2RP

Funded by Phoenix Community Chest Fund.

Other venues Fee Paying
12.30-1.30pm Every Tuesday
Christ Church Community Hall
Bellingham Green SE6 3JB

1.30-2.30pm Every Friday
Bellingham Leisure Centre
5 Randlesdown Road
Catford SE6 3BT

£5 per session
Block booking 10 weeks
£40



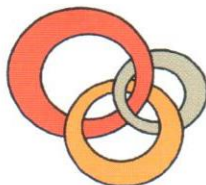
**Come and enjoy yourself
and have fun and
meet new like minded
people in our exercise
sessions for beginners
and intermediates.**



**CIRCUIT
TRAINING**

**HEALTH
MONITORING**

**NUTRITION
ADVICE**



Community Links



Phoenix

Our community in our hands