



# get fit with **Beacon**

Join us for our **NEW**  
weekly fitness classes



**Beacon**

# Legs, Bums and Tums

Tuesday: 6.00 - 7.00pm

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# Circuit Training

Tuesday: 7.00 - 8.00pm

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# Over 60s Exercise Class

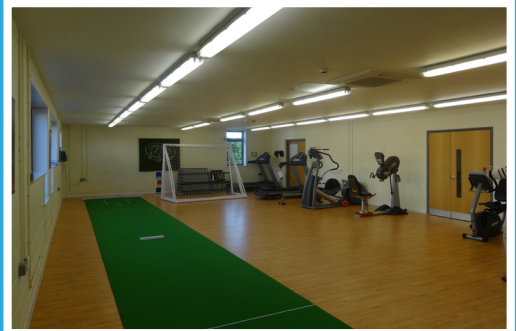
Tuesday, Wednesday and Thursday: 1.30 - 2.30pm

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# Yoga Class

Thursday: 7.00 - 8.00pm

**\*\*Only £4 per session\*\***



## Fitness classes at the Centre

For more information get in touch:

01902 880111

Wolverhampton Road East,

Wolverhampton WV4 6AZ



Making a visible difference  
for people with sight loss