

FIT STIX



Cresswell Community Centre, Dumfries

Wednesday (Starting 2 Oct)

7.30pm - 8.30pm

£3

No need to book, just turn up

No need for fancy gym clothes, just wear comfortable exercise clothes, trainers and bring a bottle of water. Participants will be asked to fill in a health questionnaire at their first class

An energetic class that uses tap sticks to focus on core strength, fitness and rhythm. Participants can use tap sticks (provided) to tap together whilst performing co-ordinated body movement to 'feel good' music. Class is suitable for teens through to adults.

 **ACTIVE**
Communities
Feeling Better For It

For further information contact
Active.Communities@dumgal.gov.uk

Dumfries
& Galloway

