

Outdoor exercise **CIRCUITS**



Community group · Build strength · Boost energy




Move with Mel
HOLISTIC PERSONAL TRAINER

Grays Riverfront
7:00 – 7:30am
Every Tuesday

Only £5

Loyalty card discounts



Join us this Tuesday!

 @melhuggins_pt

Yoga

AND MINDFULNESS



Reduce stress · Improve flexibility · Feel stronger

**The Archer,
South Ockendon
7:30 – 8.30pm
Every Wednesday**

Only £10

Loyalty card discounts


HOLISTIC PERSONAL TRAINER



Join us this Wednesday!

 @melhuggins_pt