

Enrichment @



Fitness testing & Gym Work

Do you want to tone and hone your muscles? Do you want to use the state of the art equipment and get expert advice as you need it? This activity could be for you! Use the local facility and do a workout which suits your individual needs. Set yourself targets and goals. You can tone, strength build improve all round fitness the choice will be yours to make.

<http://www.marina-centre.com/>



Hip Hop

This class is truly Hip Hop. Combining old school Hip Hop moves such as locking, popping and waving with fresh new school moves that you see on your favourite music videos today.

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Contact

For further information please Nick Cook on 07786 634526 or n.dcook@gyc.ac.uk