

**Starts Jan 12th**

# **Diet and Fitness Class**

**Waterlooville Baptist Church**

**Wednesdays 5.45 - 7.15**

**Weigh-in                      Advice on Diet and Nutrition**  
**Warm-up and Exercises**

**Enjoyable and effective**

Further information and booking contact Church Administrator  
Tel 023 9225 0206      administrator@waterloovillebaptist.org.uk



- Sessions are led by Terri Bryant from Body Focus, excellent and fully qualified teacher in exercise and nutrition
- Different types of exercise to keep interest high and to encourage participation
- Fun Family sessions in school holidays at no extra cost

**£3 per session - no other fees**